TERRORIST ATTACK ON BRUSSELS

MOM OF TWO

Belgium grieves dead

metroNEWS

talk about fresh solutions

save on foods

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Coconut Cheerios Granola with Vanilla Yogurt,
on pages 6 and 7.

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Vancouver metro

metroLIFE

Your essential daily news | WEEKEND, MARCH 24-27, 2016

High 11°C/Low 5°C Cloudy

Byron Green, left, who is training to compete in wheelchair rugby at the 2016 Paralympic Games in Brazil, had his car broken into near Granville Islands.
COURTESY KEVIN BOGETTI-SMITH/ B.C. WHEELCHAIR SPORTS

'MY STOMACH KIND OF DROPPED'

Murderball player has specialized wheels stolen from car in Vancouver

metroNEWS

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metro NEWS
Your essential daily news
Have a happy Easter weekend! Metro returns on Monday.

Money laundering a big issue for government, NDP alleges

POLITICS

Casinos, liquor stores and real estate need fixing: Horgan

Matt Kieltyka
Metro | Vancouver

The British Columbia government isn't doing enough to crack down on money laundering, Opposition NDP leader John Horgan has alleged.

Horgan and Vancouver-Point Grey MLA David Eby held a news conference in Vancouver on Wednesday after recently obtaining an email exchange — "given to us in a brown envelope" — between a liquor store employee and management over a suspicious 2015 cash transaction over $10,000.

The store manager was told, "There is no legal requirement for us to report such large cash transactions."

"The response from management was just to keep that in house," said Horgan. "It seems to me and my colleague, Mr. Eby, that the B.C. Liberal government is not interested in tracking down money laundering when it comes to areas of significant provincial revenue." Horgan said Vancouver's hot real estate market and casinos, which provide billions in revenue to the province, remain vulnerable to money launderers due to government inaction.

"The B.C. government in essence is then complicit in this money laundering unless they take some steps, meaningful steps, to reduce this criminal activity," he said.

John Horgan says the B.C. government isn't doing enough to fight money laundering in commercial enterprises. JENNIFER GAUTHIER/METRO

> The B.C. government ... is then complicit in this money laundering.
> John Horgan

The Globe and Mail reported last week that the Financial Transactions and Reports Analysis Centre (FinTRAC) found dozens of Metro Vancouver real estate firms are failing to comply with anti-money-laundering laws after inspecting 80 realty offices over the past year.

The new email about suspicious cash transactions at liquor stores represents the latest "brick in the wall" suggesting money laundering could be widespread in B.C., Horgan said.

In a statement provided to Metro, Minister of Public Safety and Solicitor General Mike Morris said "the B.C. government takes money laundering seriously" and outlined steps taken within the gaming, liquor and real estate sectors to guard against illegal activity.

While B.C. liquor stores are not required to report large cash transactions over $10,000, the Liquor Distribution Branch "has strong relationships with the law enforcement and anti-fraud community," Morris said.

An independent advisory group is already looking into allegations of wrongdoing in the real estate market, he said.

"The province looks forward to receiving recommendations from the Real Estate Independent Advisory Group that will improve the administration and enforcement of the existing rules and requirements, to better protect consumers," Morris concluded.

The B.C. Gaming Industry Association says it is required to report all cash transactions of $10,000 or more to FINTRAC and gaming operators "work diligently" with federal and provincial authorities.

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Tree sale a bid to save canopy

GREEN SPACES

City running out of space to plant on public property

Emily Jackson
Metro | Vancouver

Vancouver wants to be green so badly, it's practically giving away trees in hopes residents will plant them and add to the urban canopy.

The Vancouver Park Board is selling 3,210 trees for $10 apiece at its largest ever tree sale next weekend, where it hopes the subsidized price tag will entice residents to plant on private property.

City of Vancouver residents can buy a maximum of three trees each and have their pick of 22 varieties with an average retail value of $75, including almond, cherry, apple, Garry oak, purple lily magnolia and mountain hemlock.

The sale will cost the park board more than $60,000 (it bought the trees for about $31 each).

"We consider it money well spent as we are running out of room to plant on streets and in parks and need private citizens to plant if we are going to meet our 2020 planting goals," spokesman Godfrey Tait said in an email.

Vancouver's urban canopy — the percentage of the city covered by tree leaves as seen from above — has declined to 18 per cent from 22 per cent in 1995. The city's goal is to plant 150,000 trees by 2020 in order to boost the canopy.

But without space on city streets, it will rely on those who own green space to start digging.

Cherry blossoms in bloom along Charles Street in East Vancouver. JENNIFER GAUTHIER/METRO

> **"(We) need private citizens to plant if we are going to meet our 2020 planting goals.**
> Godfrey Tait

(Sorry, apartment dwellers — none of the trees are suitable as houseplants.) Planting on private property also alleviates some city maintenance costs because responsibility for the tree's well-being shifts to the owner.

It's a serious commitment, but the park board wants to make the long-term relationship fun with a cheeky online quiz to find your "treelationship." Apparently 1,500 people had taken the quiz as of Wednesday.

The last park board tree sale took place in October where 1,000 trees sold out in three hours. To avoid lineups for a limited number of trees, residents are encouraged to buy their trees in advance online. Visit vancouver.ca/treeweek for more information.

Mobilicity Stores

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8673 120th St, Unit B
Richmond
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Madison Centre, 1899 Rosser Ave
PH1 Technology:
4501 North Rd, Unit 213
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High-intensity training could be harmful for non-athletes: Study

HEALTH

Researchers find it can damage cell's mitochondria

Thandi Fletcher
Metro | Vancouver

A new study from researchers at the University of British Columbia has found that high-intensity interval training could be doing more harm than good for people who aren't athletes. ABBAS MOMANI/AFP/GETTY IMAGES

High-intensity interval training is often touted as a way to get fit quickly, but a new B.C. study suggests its benefits may not carry much weight after all.

Researchers at the University of B.C. looking at the effects of high-intensity interval training, or HIIT, on a molecular level have found that, unless someone is an athlete, this form of exercise may be doing more harm for their health than good.

"The cautionary message we're putting out is, if you're untrained and you're working out, you should not just start with this type of sprint training," said Robert Boushel, the study's senior author and director of UBC's School of Kinesiology.

"You should build up slowly over time and your body will adapt and build up its own antioxidant defence systems. Then you can go to higher intensity."

> **You should build up slowly over time and your body will adapt and build up its own antioxidant defense systems. Then you can go to higher intensity.**
> Robert Boushel

High-intensity interval training, also known as sprint training, involves short bursts of intense exercise, usually for about 20 or 30 seconds, alternating with brief recovery periods. The form of exercise is one of latest fitness fads gaining popularity in gyms.

But for couch potatoes just starting an exercise routine, new research suggests that high-intensity training may be just too intense.

For the study, the researchers put a dozen untrained test subjects through intense leg and arm cycling exercises, which involved repeated 30-second all-out sprints followed by rest periods. The subjects, all men in Sweden, were in good health but self-identified as untrained or only moderately active.

After analyzing tissue samples of the subjects' muscles, they found their mitochondria, the powerhouse of cells, were functioning at only about half of their peak capacity.

The dysfunction in the mitochondria was most pronounced in the arms, said Boushel.

"In the legs, it was less severe," he said. "But still, the mitochondria were only about 50 per cent functional."

That not only reduced their cells' capacity to consume oxygen, but also diminished their ability to fight off damage from free radicals.

High levels of free radicals in the body have been linked to a number of medical conditions, including cancer, premature aging and organ damage.

While seasoned athletes and those who are well trained have built up antioxidant enzymes in their bodies to protect against free radicals, Boushel said beginners don't have that same level of protection.

He recommended fitness newbies start slowly and gradually increase their exercise over a period of weeks, preferably under the supervision of a trained professional.

While the long-term effects of high-intensity training for the average person are still unknown, Boushel and his colleagues are continuing to study different levels of exercise, measuring the dosing of training against different biomarkers for health.

"A lot of athletes do sprint training as a part of their normal routine, but they don't necessarily do it every workout," he said. "People should be doing lots of exercise, but just be cautious of this very packaged sprint training."

The study was published this month in the Official Journal of the Federation of American Societies of Experimental Biology Journal.

talk about fresh solutions

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save on foods

Paralympic hopeful's spare wheels stolen

CRIME

Wheelchair rugby player's items worth over $2,000

Cam Tucker
Metro | Vancouver

A Vancouver wheelchair rugby player training for the 2016 Paralympic Games is asking for the return of two specialized wheels after he discovered on Monday they had been stolen from the back of his car.

Byron Green, 31, was about to get on his way to training Monday morning when he noticed the back window to his vehicle, which was parked on the street near Granville Island, had been smashed in and the two spare wheels and a bag carrying equipment needed for his rugby wheelchair were missing.

"I didn't even realize until I was in the car that the window had been smashed. I jumped in the car, and I was like, 'Hmm it feels like a window is open,'" he said.

"I looked back and saw all the glass and then I realized my spare wheels weren't there. And my stomach kind of dropped. I just (had) this sense of surprise that that could happen."

The combined cost of the two wheels is $2,300, said Green. Because they are specifically made for wheelchair rugby, he doesn't believe a thief would get much money for them.

"It would be lovely if they're out there, to get them back. That would be very nice. If they don't show up, I'm hoping insurance will cover it," said Green, who is competing for a spot on the Canadian wheelchair rugby team, which will compete at the Paralympic Games in Rio in September.

Byron Green had his spare wheels stolen from his car near Granville Island. CONTRIBUTED

The spare wheels are especially important because wheelchair rugby is a full contact sport, said Green. He can still train with his main set of wheels, albeit not at the same level as before the theft. Without his spares, he would have to stop if one of the main wheels becomes flat, which occurs given the physical nature of the sport.

Items in his missing equipment bag include straps that he uses to secure himself in the wheelchair when he plays.

"It would be nice to get the items back. No judgment. Just, it would be nice to have the items back so I can continue on with my training and preparing for September," said Green.

Anyone with information is asked to call the Vancouver Police Department at 604-717-3321.

FUNDING

End referendum requisite for transit: NDP

Matt Kieltyka
Metro | Vancouver

British Columbia NDP leader John Horgan is once more calling on the government to scrap its requirement for a referendum on Metro Vancouver transit funding.

Any new sources of revenue for public transit proposed by the region are currently subject to a public vote, which ended in the defeat of a 0.5 per cent regional sales tax to pay its share for a 10-year, $7.5-billion transit plan last year.

But now that Prime Minister Justin Trudeau's Liberal government has promised to pay for 50 per cent of infrastructure projects (instead of the traditional third) and earmarked $370 million for the region's transit in Tuesday's federal budget, Horgan says its time to rethink the province's insistence on a referendum.

"We've wasted three years of the Christy Clark mandate without any meaningful action on transit improvements in the Lower Mainland because of their requirement of a referendum," Horgan said.

"With the federal government coming forward with a 50 per cent contribution, I believe that's a golden opportunity for immediate action. We should spike (the referendum requirement) today and move as quickly as possible to take advantage of the federal dollars on the table."

The region's mayors have called the federal commitment a "great down payment" on its transit plans and Peter Fassbender, minister responsible for TransLink, also applauded federal measures.

But when asked about the need for a referendum, he told media in Victoria he wouldn't "speculate on what the next steps are."

"I'm committed to working with the region to find the solution to ensure the transit projects come to fruition," he said on Tuesday.

Fassbender was not available to respond to Horgan's comments Wednesday.

Animal rights groups want the carriages phased out of Victoria by the end of 2017. FLICKR/CREATIVE COMMONS/SYNCOP8TED

Curb the carriages, group says

VICTORIA

Horse Alliance calls practice 'animal exploitation'

A ride in a horse-drawn carriage through the Victorian-era neighbourhoods of British Columbia's capital city is a time-honoured tourist draw, but an animal rights group wants the businesses hobbled.

Jordan Reichert of the Victoria Horse Alliance said the group will ask city council on Thursday to phase out the industry by the end of 2017.

"It's animal exploitation, using animals for profit to entertain tourists," he said in an interview on Wednesday.

More than 900 people have signed his group's online petition to ban the rides, citing collisions between carriages and cars and alleging poor maintenance of equipment, improper hoof care and metal bars or "bits" causing pain and damage to horses' mouths.

There are two carriage companies in the city, Tally Ho Carriage Tours and Victoria Carriage Tours, that have a total of 52 horses and employ roughly 70 people.

The companies issued a joint statement in which they disputed the group's claims that Victoria had seen over 20 carriage-related collisions and safety concerns over the past 20 years.

"This data includes all reports of any nature within the industry, no matter how trivial. We are proud of our safety record as safety is our paramount goal," the companies said. "We have documented processes in place to ensure safety checks of horses and equipment are performed multiple times each day."

Coun. Charlayne Thornton-Joe said the animals must undergo full physicals by veterinarians twice a year for companies to obtain and keep permits. A bylaw officer and a B.C. Society for the Prevention of Cruelty to Animals officer also visit the stables to approve the conditions.

"This is not a priority," she said. "We have had accidents, but definitely not a number of accidents that compare with cyclists, skateboarders and pedestrians."

THE CANADIAN PRESS

IN BRIEF

Stabbing in Surrey
A 58-year-old man is in hospital in critical condition after he was stabbed in Surrey on Tuesday night around 9:30 p.m. in the 8700 block of Tulsy Crescent. Police said a suspect was taken into custody without incident. JEFF HODSON/METRO

One injured in shooting
Police believe a targeted shooting occurred in Surrey Tuesday night at a home in the 10800 block of 143 Street. A man was taken to hospital in stable condition. Anyone with information is asked to call Surrey RCMP at 604-599-0502 or Crimes Stoppers. JEFF HODSON/METRO

talk about fresh solutions

Coconut Cheerios Granola with Vanilla Yogurt

Makes 4 Servings
Prep Time: 5 minutes | Cook Time: 25 minutes

Ingredients

2 cups (500 mL) old fashioned rolled oats

½ cup (125 mL) cashews, chopped

1 cup (250 mL) unsweetened shredded coconut

1 ½ cups (375 mL) Multigrain Cheerios Ancient Grains

¼ cup (60 mL) honey

¼ cup (60 mL) canola oil

1 tbsp (15 mL) vanilla extract

1 tsp (5 mL) almond extract

½ tsp (3 mL) kosher salt

1 container (650 g) Yoplait Source Vanilla Yogurt

Directions

1. Preheat oven to 325˚F (160˚C).

2. In a large mixing bowl, combine oats, cashews, coconut and Cheerios.

3. Warm honey, oil, vanilla, almond extract, and salt in a small saucepan over medium heat until just simmering. Simmer for 5 minutes, watching carefully to not let it boil, then remove pan from the heat.

4. Pour honey mixture over oat mixture and stir well with a wooden spoon until dry ingredients are coated. Spread this mixture in a thin layer over a large baking sheet and bake for about 25 minutes, stirring every 10 minutes until the granola is well toasted. Once toasted, let granola cool on the baking sheet.

5. Portion yogurt into 4 bowls and top with granola. Serve with fresh fruit.

Tip: The granola will keep in an airtight container for up to 2 weeks, or in the refrigerator for up to a month.

save on foods

Majority opposes bike lane: Survey

A Business Society survey has found 84 per cent of local business and property owners turned thumbs-down on the city's plan for a bike lane on Commercial Drive. JENNIFER GAUTHIER/FOR METRO

EAST VANCOUVER

City's plan for Commercial Drive riles 84% of respondents

Emily Jackson
Metro | Vancouver

Opposition to the City of Vancouver's plan to build a bike lane on Commercial Drive is strong among businesses that call the popular East Van strip home, a new survey has found.

Eighty-four per cent of 164 business owners and 128 property owners surveyed do not support building a separated bike lane on the Drive.

The recent poll was conducted by the Commercial Drive Business Society.

The vast majority (82 per cent) of those polled worried that bike lanes would impact their business by decreasing customer traffic.

Eighty-five per cent expressed concerns about losing parking spots along the busy street.

Eighty per cent would prefer to see the bike lane one block east on Victoria Drive (a local street bikeway already exists one block west on Woodland Drive), citing concerns that cycling is safer for everyone when it takes place on side streets.

Vancouverites will be all too familiar with the reaction from the business community.

There was uproar from businesses on Hornby Street when the city built a separated bike lane there in 2011, but a follow-up study showed a mixed reaction to the effect on businesses.

Since then, the Downtown Vancouver Business Improvement Society has dropped its opposition to bike lanes and supports all methods of travel into the downtown core.

Commercial Drive residents and businesses tend to be exceptionally involved with their community, whether the issue is the Kettle and Boffo tower or the Grandview-Woodland community plan, so the city can expect passion on both sides of the issue.

Commercial Drive was home to the city's first car-free day and also closes to vehicles for Italian Day.

The city plans to build a dozen new bike lanes, including the one on the Drive, over the next five years. It promises extensive consultation before construction begins.

80%

Percentage of business and property owners who'd like to see the Commercial Drive bike lane moved a block east to Victoria Drive.

85% said they're concerned about losing street parking spaces.

Dr. Mike Higgins, a veterinarian who specializes in neurology, examines Cassidy, an eight-month-old rescue cat with no rear legs, after it received Botox injections in Vancouver on Wednesday as preparation for attaching prosthetics. DARRYL DYCK/THE CANADIAN PRESS

Kitten's legs hint at future of medicine

VETERINARY SCIENCE

Procedure will be first of its kind in the world on a cat

When a deformed feral kitten was discovered on a rural property in Langley, the cat's rescuer says he was scooting around on his front legs with his bum in the air like a "reverse velociraptor."

The eight-month-old tabby, which is missing both hind legs, will soon be fitted with artificial leg implants in a groundbreaking procedure that one expert predicts will be the future of pet medicine.

"Definitely this is cutting-edge technology," said Dr. Mike Higgins, a neurologist with Canada West Veterinary Specialists.

"We're learning a lot from human medicine that is translating into animals."

The black-and-white kitten received Botox injections at the Vancouver animal hospital on Wednesday as preparation for attaching prosthetic blades to his back limbs. The procedure will be the first of its kind in the world on a cat, Higgins said.

Technology commonly used on humans, such as CAT and MRI scans, is now standard practice for veterinary care as well, Higgins said. And it's the harbinger of more advanced engineering and biotechnology to be applied to animals.

Higgins predicts that in 10 to 15 years, prostheses for paralysed or malformed animals will become much more available for pets.

"Doing these things is not at all experimental, it's actually trying to improve their well-being," he said.

Cassidy was rescued by Shelley Roche, who was contacted to take care of the kitten last September after he was found at nine weeks old, starving and suffering an E.Coli infection in both his stumps.

"Obviously I took one look at him and I wanted to do everything I could to help him," said Roche, who runs a non-profit called the Tiny Kitten Rescue Society.

Roche believes the kitten may have lost its legs as a result of its mother chewing to free its body from a knotted umbilical cord at birth.

The cost of his rehabilitation so far has been about $10,000, she said, though the Vancouver veterinarians offered their services pro bono.

Another specialist is already working with the animal to make a 3D-printed model for the prostheses. The surgery will take place at North Carolina State University in Raleigh in two to four months, when Cassidy is close to being fully grown.

The American surgeon has unique experience in remedying cats and dogs with congenital malformations, Higgins said.

The blade device is advanced because its design conforms more naturally to the limbs, allowing more normal movement, he said. Similar models are already in use by people, he added.

"So rather than having a little peg leg where they're still going to be hobbling around, it adds more surface area and a spring to glide each foot off of, so they have a normal gate," Higgins said.

Roche has been broadcasting the kitten's physiotherapy over the Internet.

"If you tell one cat's story it will help cats everywhere, because people see what they're going through and fall in love with them," she said as Cassidy squirmed in a blanket wrapped in her arms.

"This technology we're going to be using for him is new ... and it actually has applications not only for cats and dogs, but for humans as well. I think it's really worthwhile."

THE CANADIAN PRESS

> **Definitely this is cutting-edge technology.**
> Dr. Mike Higgins

THURSDAY, MARCH 24 TO MONDAY, MARCH 28, 2016

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Selection varies by store. No price adjustments prior to March 24, 2016.

Taking-forEvergreen Line nearly done

TRANSIT

Tests underway on long-delayed infrastructure

Matt Kieltyka
Metro | Vancouver

It's been a long journey, but the provincial government says the Evergreen Line is nearly here.

Construction on the rapid-transit project linking Vancouver to Coquitlam, via Port Moody and Burnaby, is now more than 80 per cent complete, Transportation Minister Todd Stone said on Wednesday.

The province has awarded a $2.1-million contract to Coquitlam-based Jack Cewe Ltd. for construction of the plaza surrounding the Burquitlam Station.

Work on that plaza is underway and expected to finish this summer.

Two more contracts will be awarded soon for the development of plazas around the line's Inlet Centre and Moody Centre stations as well as the Coquitlam Centre, Lincoln and Lafarge Lake-Douglas stations.

Construction of those plazas will continue until fall 2016.

The line's elevated and at-grade guideways and track work are already complete.

Testing along some sections of the track is also underway.

The Evergreen Line is slated to finally be in service in early 2017 after years of delays and setbacks.

The 11-kilometre rapid-transit line, expected to serve 70,000 riders a day, was originally supposed to open in 2009 before being pushed back to 2011, again to 2014, then 2016 and now early next year.

The Lincoln Evergreen Line station in Coquitlam. CONTRIBUTED

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ANIMAL WELFARE

Gulls rescued from tofu vat fly again

Jeff Hodson
Metro | Vancouver

More than 60 gulls rescued from a tofu vat behind a processing plant in Vancouver were released Wednesday morning at an east-side park.

On March 11, 62 gulls were pulled from a vat of soybean paste behind the Superior Tofu processing plant in East Vancouver. One of the birds had a broken wing, and others suffered eye damage from the waste.

Staff and volunteers at Wildlife Rescue, a charitable society that rescues and rehabilitates wildlife in Metro Vancouver, spent three days last week washing the fibrous residue from the birds' feathers.

Birds need waterproof feathers, and without that barrier they could easily get hypothermia if released back into the wild.

The birds were given a clean bill of health and were released Wednesday morning at New Brighton Park.

Wildlife Rescue said it was the largest single rescue and rehabilitation job in its history and estimates it cost more than $26,000 to rescue, house and feed the gulls.

Superior Tofu will make a donation to the rescue operation, but the amount will not cover the society's costs.

WITH FILES FROM THE CANADIAN PRESS

Members of Wildlife Rescue release on Wednesday 62 gulls pulled from a tofu vat. COURTESY WILDLIFE RESCUE

IN BRIEF

Pair charged over spree of nine reported robberies

Two people are facing charges following a spree of reported robberies in Coquitlam and Maple Ridge over the past month.

Between Feb. 27 and March 9, nine robberies were reported to police, each involving a culprit entering a business and brandishing a knife before demanding money, cigarettes and lottery tickets, according to Coquitlam RCMP.

Coquitlam RCMP teamed up with Maple Ridge RCMP to identify and arrest a suspect in connection with the robberies.

Christopher Houghton, 33, of Coquitlam is facing nine counts of robbery. He remains in policy custody pending his next court appearance.

The co-accused, 30-year-old Claira Dusange of Surrey, is facing two counts of robbery.

Both are scheduled to appear in court Thursday.

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EL_WEST

Support urged for beach bums

ENGLISH BAY

Park board wants chair rentals to run as pilot project

Emily Jackson
Metro | Vancouver

English Bay could get even more appealing for beach-goers too lazy to lug a lawn chair to their spot on the sand.

The Vancouver Park Board is seeking a business to operate beach chair and umbrella rentals at the West End beach as a pilot project this summer, according to a request for expressions of interest.

Officials chose English Bay as the test location because it's busy with locals and tourists alike, park board chair Sarah Kirby-Yung said Wednesday.

She noted the hot spot was named one of the world's Top 50 beaches by The Guardian newspaper last month. (The only other Canadian beach on the list was Tofino's Chesterman Beach.)

"We've been trying to bring fresh, new ideas to parks, and this could be a great service for people," Kirby-Yung said.

It's done at beaches around the world, she said, remembering she rented a beach chair on a vacation at South Carolina's Myrtle Beach.

"Why not Vancouver?"

Plus, the park board could make some money off the idea if the venture is successful.

Typically the park board adopts a revenue-sharing model and gets a percentage of the profit, depending on how much a business makes.

Private services in public spaces often irk people who believe Vancouver's parks and beaches shouldn't be commercialized. That's an argument that resurfaced over the zipline in Queen Elizabeth Park last summer.

(Thousands of people took the ride and it's very likely coming back, Kirby-Yung said.)

In light of those concerns, the park board is introducing the rentals as a pilot project to gauge public interest and get feedback, Kirby-Yung said.

Plus, it doesn't stop people from bringing their own chairs or setting up on the benches, logs or sand.

> **We've been trying to bring fresh, new ideas ... This could be a great service for people.**
> Sarah Kirby-Yung, park board chair

English Bay could see chairs and umbrellas for rent this summer. EMILY JACKSON/METRO

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IN BRIEF

Officer won't face charges

Provincial officials say charges will not be laid against a police officer involved in the arrest of a teenager in Sidney that left the youth with a broken leg.

The incident happened in February 2015 after officers arrived at a residence in response to reports of a 17-year-old youth causing a disturbance and breaching his bail conditions.

THE CANADIAN PRESS

Bail hearing set for man charged in hit and run

A man charged in a hit and run that left a young woman dead near the Burnaby campus of the British Columbia Institute of Technology has had his bail hearing moved to April 1.

Ibrahim Ali, 25, made a brief video appearance Wednesday from jail. He faces charges in the March 9 crash that killed Emily Sheane, 25. THE CANADIAN PRESS

HUMAN RIGHTS

Coastal First Nations appoints new chair

A former part-time commissioner with the Canadian Human Rights Commission has been appointed chairman of the Coastal First Nations.

Kelly Harvey Russ will act as official spokesman for the group and will lead fundraising efforts while liaising with government, industry and conservation groups.

Chief Marilyn Slett says Russ brings significant legal and human rights experience to the position and his experience as a board member and mediator strengthens the Coastal First Nations leadership.

He was also a founding board member and past president of Vancouver Aboriginal Child and Family Services. THE CANADIAN PRESS

University of Victoria researchers launch a subsea glider into the Pacific Ocean to track whale movement and habitats.

CONTRIBUTED/UNIVERSITY OF VICTORIA

UVic team to track whales with glider

RESEARCH

Unmanned underwater craft set out on 23-day mission

Matt Kieltyka
Metro | Vancouver

University of Victoria researchers hope to have a whale of a tale on their hands when their unmanned, subsea glider returns from the depths next month.

Geographer David Duffus and his team at UVic's Whale Research Lab launched a two-metre underwater drone off the western coast of Vancouver Island last week and sent it on a 23-day mission along the shelf break in Clayoquot Canyon to give scientists a rare glimpse into the behaviour and habitat of the region's whales.

"We really don't know much about the lives of whales," Duffus told Metro. "This will give us a snapshot of the animals, what they're feeding on and what their habitat is like. It's really poorly understood, especially further off the coast of B.C."

The glider, which is on a pre-programmed route and reports back every few hours, is equipped with acoustic sensors, sonar and hydrophones that will allow researchers to identify whales and their movement by sound.

Several species of large baleen whales, such as humpback, sei and blue, are expected to show up in the data.

Duffus even hopes the glider will come across a rarity in these waters, the Pacific right whale.

"Some of the species we hope to find out there are endangered," he said.

While this is the first mission of its kind in British Columbia, others off the East Coast — as part of the national WHaLE (Whales, Habitat and Listening Experiment) project — have proven successful in conservation efforts for the endangered north Atlantic right whale.

Previously, Duffus said such survey work would have been cost-prohibitive, requiring a large crew, a research vessel and co-operative weather.

While the glider is capable of transmitting data back to researchers in real time via satellite, Duffus said data from this first mission will be downloaded once it is retrieved.

TRAGEDY

Snowboarder died in out-of-bounds zone

The British Columbia coroner says an Alberta woman fell to her death while snowboarding in an out-of-bounds area near the Fernie Alpine Resort.

The coroner says 20-year-old Alexa Hugh of De Winton, Alta., was with a friend last Sunday when they entered a permanently closed area outside of the resort in B.C.'s East Kootenay region.

Hugh fell more than 100 metres down a steep slope.

The woman was taken to hospital, but couldn't be resuscitated.

Both the coroners' service and the RCMP are investigating the death. THE CANADIAN PRESS

Suspects sought in Granville stabbing

CRIME

Incident occurred in early January near nightclub

Thandi Fletcher
Metro | Vancouver

Vancouver police are looking for two men who are wanted in connection with a stabbing outside a Granville Street nightclub earlier this year.

On Jan. 9 around 3 a.m., a 22-year-old North Vancouver man was stabbed during a fight with a group of men outside the Cabana Nightclub, according to police.

He was taken to hospital with serious injuries.

Although the men fled the scene, police said officers were able to find one of them nearby. He was released a short time later.

Police said investigators want to speak to two other men, who are believed to have been involved in the fight.

The first man is described as light-skinned, in his 20s with long black hair. He was wearing a white jacket and black pants at the time of the incident.

The second man is described as South Asian, about 25 years old with a medium build. He was wearing a dark baseball hat with a white logo on the front, a black jacket, black pants, and black runners.

TIPS

Anyone who knows the identity of either of the two men is asked to call VPD at 604-717-2541.

Surveillance photos of the two men believed to be involved.
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Luge track not 'more dangerous'

WHISTLER

High speed, inexperience top factors in crashes: Study

A new study says the luge track used at the 2010 Winter Olympics in Vancouver, where an athlete died on the opening day of the Games, was not significantly "more dangerous" than other venues.

The study released Wednesday by researchers at the University of British Columbia into the death and the track's safety found that high speed and athlete inexperience have been the top contributing factors to injuries and accidents on the track in Whistler, which is also used for bobsleigh and skeleton events.

"With an overall injury rate of 0.5 per cent, the track is pretty comparable to 16 other sliding tracks across the planet," said lead investigator Peter Cripton, a professor of mechanical engineering whose research focuses on biomechanics.

"It was the athletes' experience level and start location that had significant impacts on the frequency and severity of injuries."

A new study says the luge track used at the 2010 Winter Olympics in Vancouver, where an athlete died, was not significantly "more dangerous" than other venues. THE CANADIAN PRESS/ AP/MICHAEL SOHN

Nodar Kumaritashvili, 21, a single-luge sledder from Georgia, was travelling at nearly 144 kilometres per hour when he rocketed off corner 13 of the challenging track during an Olympic practice run on Feb. 12, 2010. He was thrown off his luge and over the sidewall of the track when he lost control, striking an unprotected steel support pole at the end of the run.

Researchers checked the records of 43,200 runs involving more than 2,600 sliders at the Whistler Sliding Centre from 2007 to 2011.

They also reviewed medical reports and incident logs from the same period, linking them to the start location, each athlete's experience level and the location of the incident.

> It was the athletes' experience level and start location that had significant impacts on the frequency and severity of injuries.
> Peter Cripton

"The lower the start position, the lower the speed and the safer the athletes tended to be. They had significantly higher risk for injury if they started higher up," said Cripton.

Whistler Sport Legacies, which operates the sliding centre, could not immediately be reached for comment.

Consistent with the effect of higher speeds, the study says three out of every four incidents occurred near the end of the track at corners 13 and lower.

During track testing a number of bobsledders crashed, including Canadian Olympic medallist Pierre Lueders. Many were tossed out at the track's signature turn, corner 13, which was dubbed "50-50" by an American bobsledder to reflect the odds of getting through it right-side up.

Corner 13 is part of a series of turns from 12 to 15. While the curves are not that sharp the sliders by then have reached maximum speed.

Researchers found more experienced sliders were at a lower the risk of injury. Sliders who had logged more than 150 runs had reduced injury risks, while those with just 30 to 59 runs under their belts had the highest risk of being hurt.

The report recommends that sliding track operators continuously monitor and log track incidents as they happen, using cameras and staff.

"Track operators should close the track and analyze near-misses, particularly for cases where an athlete was nearly ejected from the track," Cripton added.

"Immediate corrective measures can be taken, such as increasing the height of the barriers on the sides."

THE CANADIAN PRESS

Ghomeshi judge seen as strict, fair

TRIAL

Has a history of finding reasonable doubt in cases

The man tasked with deciding the fate of former CBC star Jian Ghomeshi has a history of finding reasonable doubt in cases with more conclusive evidence than what was presented at his sexual assault trial.

Justice William Horkins presided over the courtroom where defence lawyers hammered away at the three women who accused Ghomeshi of sexual assault. Defence lawyer Marie Henein and her team delivered devastating cross-examination, highlighting gaps in their memories and presenting photos or letters that cast doubt on their credibility.

Horkins' past rulings suggest a rigid adherence to the concept of reasonable doubt. He dismissed charges against a sexual assault suspect in 2008 despite DNA evidence suggesting contact took place and an account that the judge himself described as resembling a "schoolboy's fantasy."

Even in cases where he has shown support for prosecution arguments, Horkins has been known to be strict in his interpretation of the law.

A 2013 decision saw him lambaste the Toronto Police Service for their practice of conducting arbitrary street checks against citizens and rule that the practice — known as carding — violated the Charter of Rights and Freedoms, but still find that a gun procured during one of those checks was admissible in a criminal trial. That gun was later used to convict the defendant.

> The phrase 'doesn't suffer fools lightly' is often used.
> Lawyer Corben Cawkell

Lawyers who have argued cases before Horkins say that degree of fine detail is typical of a judge with a reputation for being both meticulous and fair.

"He's very detached, very business-oriented in the sense that he comes to work prepared and expects you to be prepared," said criminal defence lawyer Corben Cawkell with Hicks Adams in Toronto. "The phrase 'doesn't suffer fools lightly' is often used."

Fairness lies at the heart of his general reputation in legal circles, according to both Cawkell and another lawyer who has argued in front of him who wished not to be named.

That fairness, Cawkell argued, has already been displayed at the Ghomeshi trial when Horkins denied the media's request to view a provocative photo of one of the Crown's witnesses clad in a bikini.

In doing so, Horkins referenced the court's role as a "gatekeeper" and the "societal interest" in protecting the privacy of sexual assault complainants.

THE CANADIAN PRESS

Former CBC radio host Jian Ghomeshi arrives at a Toronto court on Feb. 10. **Ghomeshi returns to court Thursday.**

NATHAN DENETTE/THE CANADIAN PRESS FILE

JIM HILLYER

Leaders mourn Alta. MP

A day that normally would have seen parliamentarians pulling out their sharpest partisan darts was instead replaced Wednesday by a rare coming-together of MPs after the sudden death of Alberta Conservative MP Jim Hillyer.

The 41-year-old died in his office after returning to Ottawa this week following surgery to treat an infection in his leg.

He came back for the Liberal budget on Tuesday, but what should have been the first day of debate on it was instead deferred to honour Hillyer's life and work.

Interim Conservative leader Rona Ambrose wiped away tears as she rose, referring to Hillyer as a colleague and friend with a goofy sense of humour who used his determination to champion causes including cancer advocacy and justice system reform.

She described him as a dedicated husband and father and a man of strong faith and conviction.

Prime Minister Justin Trudeau, said there was a lesson to be learned from Hillyer's death — that MPs should spend more time getting to know one another.

THE CANADIAN PRESS

A 'gaping hole' in Liberal fiscal plan

THE 2016 FEDERAL BUDGET

Grits forced to defend lack of schedule for nixing deficit

One day after the Liberals tabled an inaugural budget packed with new spending, the government found itself on the defensive over the lack of a firm plan to eventually eliminate billions in looming deficits.

The Liberal budget projected $113.2 billion in red ink over the next five years, due in large part to increased funding in numerous areas. On the other side of the balance sheet, however, there was no indication of when, how or if the budget might eventually be balanced.

On Wednesday, Prime Minister Justin Trudeau and Finance Minister Bill Morneau began the process of selling their fiscal plan — and found themselves defending the lack of solid fiscal targets.

Pressed on the issue during a Radio-Canada interview, Trudeau maintained that the objective of the budget was not "to reach some mathematical balance" but to provide "optimism and trust" to Canadians.

Morneau later said the government's goal "is to get to a balanced budget over approximately" five years — depending on how much economic growth the Liberal blueprint generates.

Both men argued that some of the budget's biggest spending, such as on infrastructure and the revamped multibillion-dollar Canada child benefit, would generate much-needed growth and eventually balance the books.

"Our priority right now is to make those investments that can make a difference," said Morneau, who was also asked if the government would stop spending at some point if the growth fails to kick in.

"Our goal is to focus on where we're at each year as we put forth the budget.... We'll worry about budget 2017 in 2017."

The Liberal numbers also include a $6-billion adjustment for risk, which could ultimately help the government beat low fiscal expectations and balance the books even earlier than forecast.

Experts like former parliamentary budget officer Kevin Page called the budget's lack of formal targets "a major, strategic failure" for the government.

"It was just a gaping hole.... You can't have a budget without a fiscal plan," said Page.

The government doesn't necessarily have to set a timetable to rebalance the budget, Page said, but big-ticket spending carries with it a responsibility to explain where the money is going to come from.

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Prime Minister Justin Trudeau shakes hands with Minister Bill Morneau after his budget speech.

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29.4B
projected federal budget deficit in 2016-17

8.4B
spending on Indigenous Affairs, including education and water quality

1.15B
increase to Guaranteed Income Supplement for seniors

11.9B
new infrastructure spending over five years

3.74B
new, tweaked tax measures aimed at the middle class and families with children

INDIGENOUS AFFAIRS

Spend neglects First Nations kids: Critics

The federal government is determined to overhaul the First Nations child-welfare system, Indigenous Affairs Minister Carolyn Bennett says — even as critics focused on the issue say the budget fell well short of what's needed.

It's also necessary to increase capacity so child-welfare services can be properly delivered and controlled by First Nations themselves, Bennett said.

"We are very interested in working together to have less children in foster care, get children back to their communities."

Advocate Cindy Blackstock has a different assessment of the government's level of funding, which includes an initial outlay of $71 million in 2016-17.

As president of the First Nations Child and Family Caring Society, Blackstock spent nearly a decade fighting the federal government over what has long been characterized as the perpetual underfunding of reserve care.

On Tuesday, despite a multibillion-dollar federal budget windfall for indigenous people, including First Nations education, infrastructure and social housing, Blackstock assailed the government for failing to spend the needed $200 million on indigenous child welfare services this year.

Cindy Blackstock, president of the First Nations Child and Family Caring Society
THE CANADIAN PRESS

Assembly of First Nations National Chief Perry Bellegarde also urged the government to ensure the money flows for child welfare.

"We've got to take what is there now and get it out as soon as possible," Bellegarde said.

The system itself needs to be redesigned, he acknowledged.

"It is not just about the resources," Bellegarde said. "That's one piece, a very key piece. First Nations controlled jurisdiction over child and family services, we say — not only on-reserve but as well as off-reserve."

Funding for First Nations issues was a central theme of the Liberal government's first budget, featuring $8.4 billion in spending commitments over multiple years for education, water, housing and other services. THE CANADIAN PRESS

MILITARY

No perfect victory for veterans

The new federal budget showers the country's veterans with cash, but questions lingered Wednesday about the details and just how far the money will go toward improving the lives of former soldiers.

Finance Minister Bill Morneau's fiscal plan delivers $5.6 billion — $3.7 billion booked in the current fiscal year — for better programs and services for the most critically injured former military members. The money will be spread out over decades.

One of the Liberal promises to veterans in the last election was to return to a pension-for-life system — or provide soldiers a choice between that and a lump-sum option. There was no sign of such a change in Tuesday's budget, but Veterans Affairs Minister Kent Hehr says the government still backs the promise.

Advocates were left wondering about the pledge, in part because the budget raised the lump-sum disability award for wounds suffered in the line of duty to a maximum of $360,000 next year from the current $310,000. That's far below other countries such as Britain, where the payout is closer to $1 million.
THE CANADIAN PRESS

IN BRIEF

Aid money could help win security council seat

Canada needs to show that it is a generous aid donor if it wants to win a seat on the UN Security Council, says the international development minister. Yet Marie-Claude Bibeau says that doesn't mean committing Canada to the UN's development spending goal. THE CANADIAN PRESS

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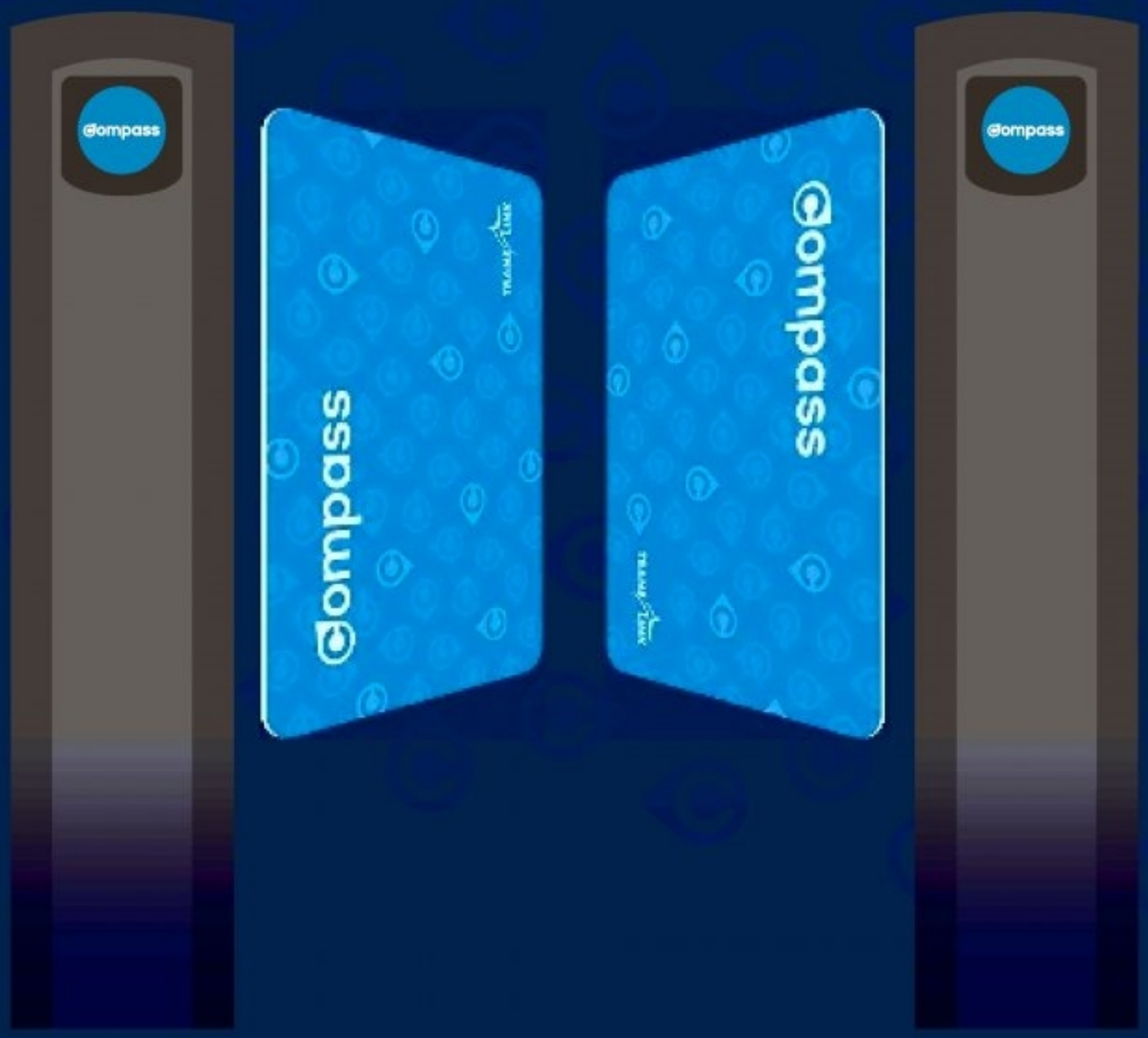

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People gather at a memorial in Brussels. THE ASSOCIATED PRESS

Brussels defiant after terror attacks

TERRORIST ATTACK ON BRUSSELS

'Life must go on,' despite continuing fear of terror

Six-year-old Carlton Kahindi took the tea candle in his tiny hand and gently placed it on the makeshift memorial to victims of Belgium's attacks.

Though he could barely see from beneath a stocking cap, he knew his actions had meaning. That's why he was really careful.

"It's for the people who went to heaven," he said.

Thousands of people came to Brussels' central square on Wednesday, determined to defy extremists who would have them cower in fear. The city got back to work, if not back to normal.

Many of those laying flowers, lighting candles and scrawling messages of peace in chalk were children brought by parents who were seeking to explain that something terrible had happened. They wanted them to understand.

"I want him to still have faith in humanity," said Carlton's mother, Carole Kahindi.

Defiance and fear mingled in the minds of residents coming to terms with the violence that they had long expected, but had hoped wouldn't come.

"You can't protect yourself against terrorism. Are you going to stay at home today? Tomorrow? The day after tomorrow?" asked Dirk Verstraeten, 53, who was catching a bus to work. "Life must go on."

A line swelled outside the central train station in Brussels as travellers lined up to get their bags checked. Soldiers stood guard every few feet as half a dozen military trucks idled nearby.

> **Today ... I was looking at the people and I was thinking: does he have a bomb? Is this person OK?**
> Alexandra Cyran

The mood on the street was jittery. Several metro stations were still closed, roads were snarled with traffic. Sirens repeatedly wailed. Yet everywhere around the city people just insist that this won't break them, even though it's impossible to put it out of mind.

"I am not afraid, because terrorists want you to be afraid. That's the thing: they win if we get afraid to leave home," said student Alexandra Cyran.

THE ASSOCIATED PRESS

LABELLING

Canada not at war with Daesh

The Liberal government says Canada is not at war with Islamic militants — a view not shared by ally France.

Prime Minister Justin Trudeau and Foreign Affairs Minister Stephane Dion rejected the "at war" label just one day after the bombings in Brussels that killed more than 30 people.

After the attacks, French Prime Minister Manuel Valls used the term Tuesday following a crisis meeting called by French President Francois Hollande.

"We are at war," said Valls. "We have been subjected for the last few months in Europe to acts of war." Added Hollande: "This war will be long."

The bombings in Brussels came four months after the attacks in Paris that left 130 dead.

The militant group known as Daesh has claimed responsibility for both incidents.

Trudeau and Dion both said the conflict with Daesh does not fit the true definition of war.

"A war is something that can be won by one side or the other and there is no path for (Daesh) to actually win against the West," Trudeau said.

"They want to destabilize, they want to strike fear. They need to be stamped out."

THE CANADIAN PRESS

Justin Trudeau speaks at a press conference in Ottawa in February. THE CANADIAN PRESS

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Hasty killings in Belgium

TERRORIST ATTACK ON BRUSSELS

On day of mourning, details emerge of attackers

As police hunted for the surviving Brussels bomber, evidence mounted Wednesday that the same Daesh (ISIL) cell carried out the attacks in both Paris and Brussels, and that the militants may have launched this week's slaughter in haste because they feared authorities were closing in on them.

On a day of mourning across Belgium following Tuesday's bombings of the Brussels airport and subway that killed 31 people and wounded more than 270, new information emerged about the four attackers.

- European security officials said one of the suicide bombers was Najim Laachraoui, a Moroccan-born Belgian whom police have hunted as the suspected bomb-maker in the Nov. 13 attacks on Paris that killed 130.
- The other two suicide bombers were Belgian-born brothers, Ibrahim El Bakraoui, and younger brother Khalid, both known to the police as common criminals, not anti-Western radicals.
- Turkish President Recep Tayyip Erdogan said Ibrahim El Bakraoui was caught in June 2015 near Turkey's border with Syria and deported, at his own request, to the Netherlands, with Ankara warning Dutch and Belgian officials that he was a "foreign terrorist fighter." But other Turkish officials said he was released from Dutch custody due to lack of evidence of involvement in extremism.

Details of the investigation from chief prosecutor Frederic Van Leeuw pointed to a rising sense of panic among the three bombers. An unidentified fourth man who was shown in airport video surveillance footage remains at large after Van Leeuw said his suitcase bomb failed to detonate properly. Authorities say he was the man in a light jacket and hat on the far right of the video footage. Van Leeuw said the bomb did partially explode after police had already evacuated the terminal. It injured no one.

The prosecutor said a laptop seized from a garbage can on a street outside the brothers' last known address contained a message purportedly from Ibrahim El Bakraoui that indicated he was expecting to be arrested following Friday's capture in Brussels of the suspected ringleader of the Paris attacks, Salah Abdeslam.

Police were drawn to the brothers' apartment Tuesday night thanks to a tip from a taxi driver who had unwittingly delivered them to the airport, Van Leeuw said. Inside the residence they found an apparent bomb-making factory, including 33 pounds of homemade explosives and nails for use as shrapnel.

THE ASSOCIATED PRESS

Soldiers control passers by in Brussels on Wednesday, one day after attacks on the Brussels airport and a metro station. More than 30 people were killed in Tuesday's attack. AFP/GETTY IMAGES

IN BRIEF

Woman in attacks photo is Indian flight attendant

A woman sitting bloodied and dazed just moments after the Brussels airport bombings was one of the most haunting images from the attacks. The woman has been identified as Nidhi Chaphekar, a Jet Airways flight attendant from Mumbai. THE ASSOCIATED PRESS

Nidhi Chaphekar
THE ASSOCIATED PRESS

Daesh trains 400 fighters to attack Europe

Daesh has trained at least 400 fighters to target Europe in deadly waves of attacks, deploying interlocking terror cells like the ones that struck Brussels and Paris with orders to choose the time, place and method for maximum carnage, officials say. THE ASSOCIATED PRESS

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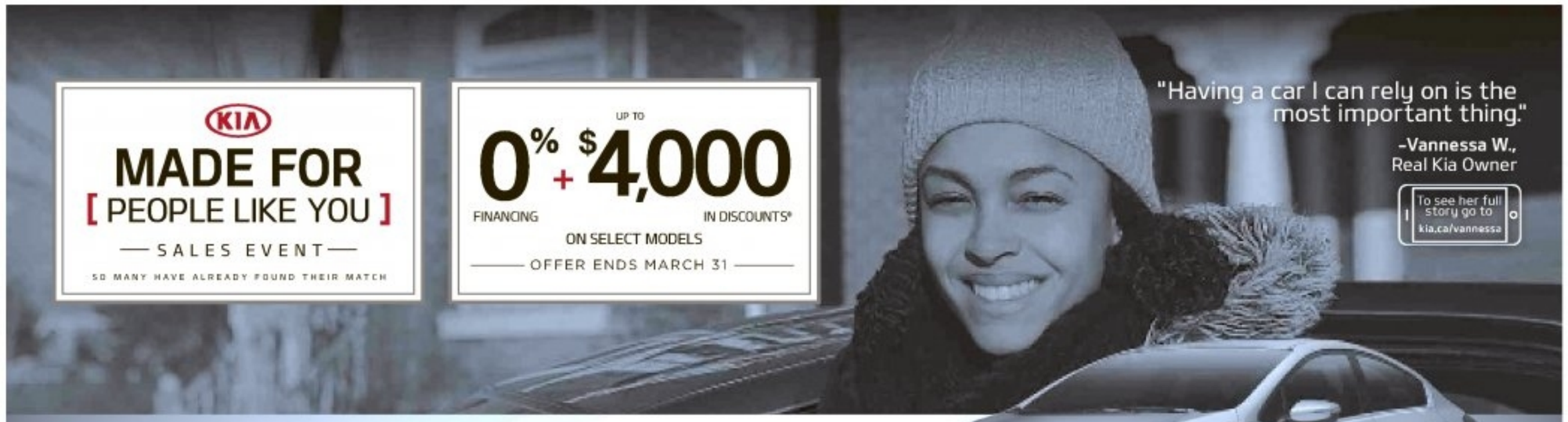

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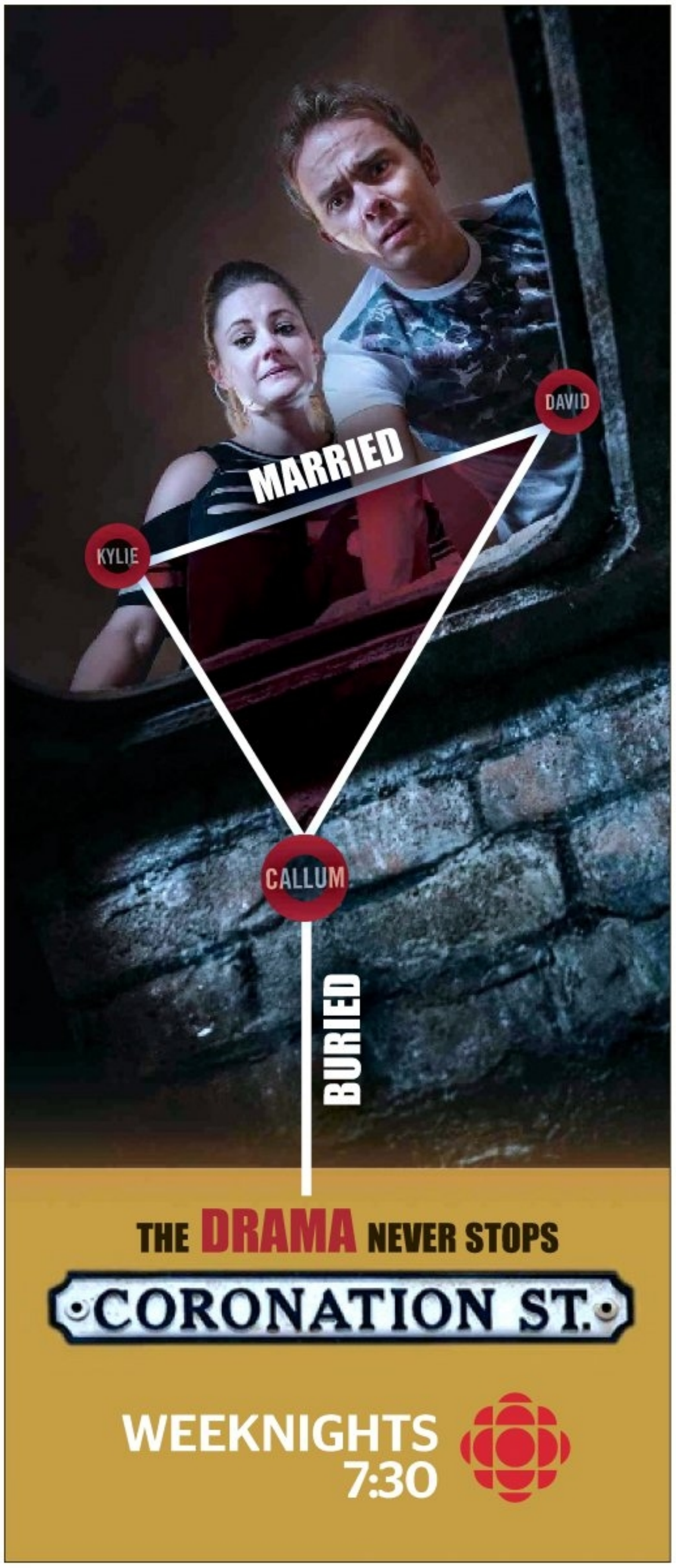

Ahmad Tarek Rashid Alam, publisher of the Arabic-language community newspaper The Arab World, comments on remarks made by Sen. Ted Cruz about Muslim Americans in the wake of terrorist attacks in Belgium. GILLIAN FLACCUS/THE ASSOCIATED PRESS

Candidate's words anger U.S. Muslims

TERRORIST ATTACK ON BRUSSELS

Daesh doesn't represent Islam, advocates say

A few miles from Disneyland is a place most California tourists never see. The signs along the thoroughfare suddenly switch to Arabic script advertising hookah shops, Middle Eastern sweets, halal meat and travel services.

In Little Arabia, flags from a half-dozen Muslim countries flap in a stiff breeze. Flying above them all is a giant American flag.

After Sen. Ted Cruz called for increased surveillance of Muslims in the U.S., this Muslim community and others like it defied the Republican presidential candidate and defended their commitment to the United States. The editor of an Arabic-language newspaper said Muslims are "already part of the country, whether he likes it or not."

Inside a Lebanese eatery called Forn Al Hara, immigrants from Syria, Lebanon, Palestine and Iraq debated the latest political rhetoric from the GOP candidates.

"I was born and raised here. I see myself as an American," said Omar Ghanim, 23, who grew up in Southern California with parents of Palestinian heritage.

Cruz's comments on Tuesday came hours after the deadly attacks at the Brussels airport and a subway station that killed dozens of people and wounded many more. Daesh claimed responsibility for the attacks.

Cruz said Tuesday that law enforcement should be empowered to "patrol and secure Muslim neighbourhoods before they become radicalized." Echoing earlier statements from rival Donald Trump, Cruz also said the U.S. should stop the flow of refugees from countries where Daesh has a significant presence.

Omar Ghanim says Islam is peaceful THE ASSOCIATED PRESS

Muslims across the country and groups including the Council on American-Islamic Relations and the Anti-Defamation League condemned Cruz's statements.

Ahmad Tarek Rashid Alam, publisher of the weekly Arab World newspaper and one of the immigrants who helped build Little Arabia, said anti-Muslim statements are "nothing new."

He said Cruz's remarks seemed aimed at exploiting prejudice to get votes.

THE ASSOCIATED PRESS

U.S. PRESIDENTIAL RACE

Jeb Bush endorses Ted Cruz

Republican Ted Cruz picked up a key endorsement Wednesday from Jeb Bush, who said their party must beat back "the divisiveness and vulgarity" of front-running New York billionaire Donald Trump.

Bush's endorsement came after Trump won the Republican primary in Arizona but lost the Utah caucus to Cruz, the first-term Texas senator and ultra-conservative beacon in a race for the party's presidential nomination that has caused a near civil war among Republicans.

Bush, once seen as the likely nominee but whose candidacy never gained momentum, tweeted Wednesday that Cruz is a "consistent, principled conservative who has shown he can unite the party." Bush added on Facebook that Republicans "must overcome the divisiveness and vulgarity Donald Trump has brought into the political arena" or risk losing to Hillary Clinton, the increasingly likely Democratic nominee.

Both Clinton and Trump used the attacks on the Brussels airport and subway that left dozens dead as a chance to level bitter assaults on one another.

THE ASSOCIATED PRESS

NOMINATION

Trump short of majority

Trump is still short of the delegates needed to clinch the nomination. But he has a path to the nomination if he continues to win states that award all or most of their delegates to the winner. THE ASSOCIATED PRESS

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Weekend, March 24-27, 2016

CHANTAL HÉBERT ON A THROWBACK BUDGET

Trudeau is walking on a budget tightrope over a fiscal safety net frayed by a decade of Conservative tax cuts. His budget does little to address a structural revenue shortfall.

For all the talk about a new activist federal era, Prime Minister Justin Trudeau's first budget largely picks up where Paul Martin left off — at least when it comes to spending priorities.

Improving the terms of the relationship between Canada and its indigenous people was front and centre on the former Liberal prime minister's radar. At the time of its defeat in 2005, the Martin government was about to start implementing the Kelowna Accord.

Martin had also spent his final years as minister of finance advocating a new fiscal pact between the federal government and Canada's big cities. As prime minister, he had set out to translate his intentions into actions

Both files emerged as major priorities in Tuesday's budget with billions of dollars to be spent on the municipal and indigenous fronts over the next few years.

But this week's budget also demonstrates that turning back the clock a decade is easier said than done. Much water or, in this case, much federal wealth in the shape of tax cuts has flowed under the bridge over the past 10 years.

Martin's spending plans were to be financed out of impressive federal budget surpluses, and he had a revenue base that ensured those would keep on coming.

By comparison, Trudeau is walking on a budget tightrope over a fiscal safety net frayed by a decade of Conservative tax cuts. Tuesday's Liberal budget does little to address a structural revenue shortfall.

On the contrary, instead of erasing Harper's fiscal footprint, the Liberals have chosen to tiptoe around it.

For, of all the signature Conservative policies, a twice-lowered GST seems the most likely to survive the transition to a different government. On the day after the budget, Trudeau categorically maintained that he would not be raising the tax back to its pre-Harper level of seven per cent.

This lack of political fortitude is understandable. The Liberals did not talk about the GST at the time of the election campaign. No party would then go near what strategists saw as the third rail of federal fiscal politics. There was no political cover for Trudeau to talk about raising it before the election and there still is not now that he is in office.

Given a choice between slaying the sacred cow of a lower GST, or breaking with the doctrine of balanced budgets, Trudeau's Liberals determined that the path of least public resistance led to the latter.

But with every GST point worth about $7 billion a year to a cash-starved federal government, good politics stands to make for crippling fiscal policy.

None of the other tax changes of the first Liberal budget really addresses the shrunken capacity of the federal government to raise revenues on par with its policy ambitions.

A string of projected yearly deficits that stretches beyond the current mandate speaks to the existence of a structural gap between those ambitions and the fiscal capacity to fulfil them. More than a low-growth economic cycle is at play.

The last government to leave behind a solid budget surplus was that of Martin. None of the parties that ran in the last election would have produced a balanced budget this year without engaging in a round of spending cuts.

The main consequence of preserving Harper's GST legacy is to essentially leave the federal fiscal ship at the mercy of the vagaries of the world economy. But if the recent decade is any indication, it will be hard to raise that ship out of the red even in moderately good times and/or to keep it on a steady deficit-free course. With so much money committed to recurring tax cuts, it is hard to see how major federal initiatives on the social policy front would be sustainable in the future.

Based on the budget roadmap sketched out this week, one might presume either that any major spending such as more money for health care that did not make the cut of this first budget is unlikely to materialize over the course of the current mandate, or else that the deficit projections put forward by Finance Minister Bill Morneau — as high as they may seem — are actually a floor.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Fertility Awareness Technology

With trust in pharmaceutical companies not what it once was (and condom approval ratings about where they've always been), women either seeking or avoiding pregnancy are choosing in greater numbers to rely not on drugs or polymer prophylactics but on ... their own bodies. Apps like Glow, Clue and Kindara (one of whose founders hails from Toronto) make it easier for women to monitor body temperature, fluids, and other menstrual indicators so that they can take control of their fertility. Outside of activity trackers, they happen to be the most downloaded health apps in the Apple Store. SOURCE: THE GUARDIAN, THE NEW YORK TIMES; IMAGE: KINDARA.COM

ROSEMARY WESTWOOD

metroview

If Ghomeshi skates, a movement will be emboldened

Will Ghomeshi walk? The long stream of bombshells that was Jian Ghomeshi's sexual-assault trial comes down to that question.

And when Justice William B. Horkins delivers his verdict, journalists, lawyers and observers expect the same: Not guilty, on all counts.

Ghomeshi's lawyer, Marie Henein, left the proceedings swimming in reasonable doubt from pothole-ridden testimony. Consent was nowhere to be found, and it didn't matter.

But with apologies to the three complainants, for whom that certainly isn't the best outcome — a not-guilty sweep might be what Canada needs.

It would further galvanize the protests planned in Toronto today, and perhaps spur others. It would infuriate onlookers dismayed at the adversarial, even cruel, dynamics of the courtroom.

It wouldn't surprise sexual-violence advocates who have, for decades, watched an impotent justice system download the fallout of sexual assaults directly onto the victims, as it routinely fails to engender their trust.

But it will give those advocates an extra high-profile bit of ammunition. And they need all the help they can get.

It's been 40 years since rape-shield laws were introduced, but, still, only about 10 per cent of sexual assaults are reported to police, never mind adjudicated in the courts.

In past years, and again since the start of this trial, various reforms have been batted around, including creating a courts for sexual assaults, inspired by those for mental health sufferers. Also: restorative justice; trying sexual assaults as civil cases, in which where the burden of proof is a "balance of probabilities," instead of the "beyond a shadow of a doubt" standard of criminal court; and dedicated lawyers for complainants, to correct the imbalance that results when only the accused gets a lawyer in a he-said-she-said trial where physical evidence and third-party witnesses are in short supply.

Each idea has merit, and yet nothing has been done. This country needs anger.

An acquittal may well be the correct verdict, in legal terms. It could also be the correct sentence in a trial that has been set up, from the beginning, as our big chance to collectively witness systemic failings, and demand change.

Pamela Cross, a lawyer and long-time advocate for sexual assault victims, already believes the conditions are right, regardless of the verdict. "Canadians are talking about sexual assault in a way that really has never happened before," she told me.

But if we need that extra push, not-guilty could do it.

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MOVIES MUSIC TELEVISION DIGITAL

Henry Cavill is the latest incarnation of Superman in Batman v Superman, which opens this weekend. CONTRIBUTED

BATMAN V SUPERMAN

From the film to the box office, superheroes fight it out

Richard Crouse
For Metro Canada

Superhero geeks need not fear, this column will contain no spoilers.

In Batman v Superman: Dawn of Justice, the world's two most famous caped crime fighters throw down, wrestling literally and figuratively to determine what kind of hero is best suited to serve the world's needs.

The story picks up after the action in Man of Steel, which saw Superman (the square-jawed Henry Cavill) protect the planet by destroying half of Metropolis in an epic battle with the evil General Zod (Michael Shannon).

Batman (Ben Affleck), unimpressed with the collateral damage, joins the contingent of folks who see the Last Son of Krypton not as a champion but an alien threat. A battle ensues.

Who will win? Other than Kryptonite, Superman has no known weaknesses, so this would seem like a fairly one-sided fight, but Batman has skills as well, so who knows?

To get to the bottom of the matter I held a highly unscientific Facebook Batman v Superman poll to determine a winner. It drew mixed results.

"Brains over brawn," wrote one FB friend, "Batman for the win!"

MOVIE RATINGS by Richard Crouse

My Big Fat Greek Wedding 2 ★★
Eye in the Sky ★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

"Superman could basically fly down at super speed striking Batman before he could even sense he was coming and turn the Bat into vapour," wrote a Superman fan.

Another wasn't so sure. "Both seem to wear their underwear over their pants... it is a tough call." Whatever the outcome, expect a wild showdown. But that's on screen. It's make-believe. What about Reel Life v Real Life?

The Caped Crusader and Supes have been duking it out for decades at the box office but Batman, specifically the Christian Bale era, comes out on top. The Dark Knight Rises and The Dark Knight KO the competition, with the 1978 Superman, the first Tim Burton Batman and the recent Man of Steel rounding out the top five.

Batman also brings in the lion's share of the marketing money. According to comicbookmovie.com Batman sells almost two-to-one to Superman products.

That means more parents dress their kids as Batman than Superman at Halloween and that includes Ben Affleck and Christian Bale who met at a costume store last year as they shopped for Batman outfits for their kids.

What about prestige? Again Batman is victorious, with three Academy Award winners — Affleck, Bale and George Clooney — playing the Bat at one time or another.

As for the Metropolis Marvel, Oscar winners Robert Redford and Clint Eastwood both turned down the role as did best actor nominee James Caan who said, "There's no way I'm wearing that silly suit." Oscar winner Nic Cage wore the suit but his Superman story never made it before the cameras.

So far my Reel Life v Real Life look at Batman v Superman favours the Dark Knight, but Clark Kent's alter ego is still a formidable foe.

Keep in mind, without Superman there may never have been a Batman.

Predating the Caped Crusader, the Man of Steel is a pioneer whose popularity helped create the superhero genre. Since then he's been ubiquitous, inspiring an American Sign Language symbol, movie serials, TV shows, comic strips, pop songs — (Wish I Could Fly Like) Superman by The Kinks among many others — and even a Broadway musical called It's a Bird...It's a Plane...It's Superman.

Finally, as one of my Facebook friends pointed out, Superman has at least one insurmountable advantage over Batman: "If Superman loses the fight he can fly back in time to fight again."

Amy Adams is no damsel in distress

INTERVIEW

Actress returns as Lois Lane and dishes on her super role

Ned Ehrbar
Metro | Hollywood

Amy Adams steps back into the iconic role of Lois Lane for Batman v Superman: Dawn of Justice three years after her first outing, Man of Steel.

Just don't call her a damsel in distress.

While her character may still need rescuing from time to time, the fact that it's Superman doing the rescuing should count for something, right?

Amy Adams comes out to play Lois Lane a second time in Batman v Superman. CONTRIBUTED

This movie had quite a lengthy production.
I don't know how long, I was involved for about six months of it, on and off. Coming and going, so yeah. But they prepped for a really long time.

That's the thing that nobody sees, all the prep that goes into it. They're prepping Justice League right now, so I'm sure Zack's exhausted.

In taking on an icon like Lois Lane, what do you think are the more intrinsic parts about the character that you have to get across?
I think she's kind of a little ball-busting. I'd like to put it nicer, but I don't know how to put it nicer. She's sassy! (laughs) But yeah, she kind of has a lot of moxie, so you've got to get that across.

You know, you have to get that she kind of goes into situations that get her in a lot of trouble, that require a certain amount of rescuing. I shy away from "damsel in distress," though.

You have to kind of build that into the character as a sort of energy that you feel like she's a woman who fought her way to where she is and really digs in.

The fact that she gets to be rescued by Superman rather than she just needing to be rescued by a normal person ...
She understands going into these situations, there's a very real possibility that dangerous things can and will happen to her.

So I don't think she goes in with the idea that someone will save her — well, maybe she does now that she's got an in.

"Oh, I wouldn't mess with me, it doesn't end well, I've seen it. I've seen what happens." He can get here really fast. Super fast.

It feels like Superman hasn't done a very good job explaining himself to the human race in general, but he seems to communicate well with Lois.
I think she's in a relationship with Clark, and the rest of the world is in a relationship with Superman, so I know him as a human being, his human side. I know he's an alien, but I know him as a man — Clark the man.

It's nice to get to play to with Clark because Lois doesn't always get to do that in the history of Lois.

She's usually not in a relationship with Clark, she's in a relationship with Superman.

Do you have an idea of where that can go?
She accepts that they're same person. Superman is the title that's been given to him by the world, but she calls him Clark.

She's never like, "Superman!" She calls after him, it's always Clark. He's just Clark to her.

That bathtub scene had to be either a really fun day at work or a really aggravating day at work.
It's not aggravating, it's not fun. It's just another day at the office in my flesh-colored underwear. (laughs)

Hopefully they keep the water warm.
They keep the water warm. They treat me with a ton of respect. It is tricky, for my own modesty and because they can't use the take if you see anything, so it's a very fine balance.

They did a good job. There were some bath salts and stuff. I think it's actually milk powder. My skin ended up very soft. There have been worse days.

BEN AFFLECK

Putting rumours to rest
While doing press for Batman v Superman: Dawn of Justice, Ben Affleck has found himself addressing a lot of misconceptions. One he's more than happy to clear up? The suggestion that he was originally offered the gig of directing 2013's Man of Steel before Zack Snyder. "It's not true that I turned down Man of Steel," Affleck insists. "I learned a lot from Zack on this movie.

"One of the really valuable things about it for me, aside from the personal experience of playing the part, was watching a guy who really understands how to make films on this level, with cutting-edge technology, combining in-camera stuff with visual effects and stunts and all the tools at a director's disposal, and seeing how Zack meticulously constructed them using hand-drawn storyboards, frame by frame and evolving into the movie that you saw, in a fairly consistent vision."

NED EHRBAR/METRO

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Eye in the Sky targets drone warfare

MILITARY THRILLER

Director kept seeing Helen Mirren as mission leader

Steve Gow
For Metro Canada

Drones are certainly one of the technological marvels of the modern age — albeit a curiosity that is fraught with controversy.

In fact, military drones have specifically been scrutinized for the perception that the remote-controlled flying gadgets are largely responsible for reckless deaths in war zones. For former lawyer-turned-filmmaker Gavin Hood, it was an issue absolutely ripe for the cinema.

"For me, the script was an invitation to a highly-charged debate," explained Hood while promoting his new drama Eye in the Sky. "It presents multiple points-of-view and moral, ethical and legal arguments around the question of drone warfare and leaves the audience in the position of a juror in a jury trial."

The taut thriller focuses in particular on a mission led by an authoritative military colonel (played by Helen Mirren) set on taking out via drone the terrorist she's tracked for years. However, when a nine-year old Kenyan innocent gets within range, the showdown to strike escalates into a fiery moral incident.

"When I was reading the script, I just kept seeing Helen Mirren in my head," said Hood of the mission leader that was originally written as a male character. "I kept thinking which actor could play this role and it had nothing to do with gender. (A film like this) needs actors who can give you what she does so well — which is moments of humor, moments of nuance, moments of manipulation — that enrich every scene."

Hood adds modifying the military role for Mirren also had little to do with the recent raucous raised by a recent USC study spotlighting Hollywood's major diversity problem. Instead, his choice simply reflected a humble attempt to craft an authentic story.

"The fact is that more and more women are joining the military," stated the 52-year-old director behind hits like X-Men Origins: Wolverine and 2006's Foreign Language Oscar-winner Tsotsi. "There are women in (military intelligence officer) roles and there are more and more women in the role of drone sensor operators, drone pilots and behind the scenes, which is why there are so many women in the film. That's not us being politically correct, that's just a reality of what's happening."

Helen Mirren stars as a colonel on a mission in highly charged drama Eye in the Sky. HANDOUT

FILM NOTES

Time in army fuels plot

Gavin Hood was drafted into the army at 17 — something that informed his filmmaking career.

"As a young person starting out making films you don't necessarily know why you're drawn to certain things," said Hood. "But now that I'm over 50, I do seem to still be working out a great deal of questions (from) those two years in the military."

Director Gavin Hood HANDOUT

In memoriam...

Eye in the Sky will also mark one of respected thespian Alan Rickman's very last films — having passed away in January.

"This was a man of wonderful intelligence, genuine kindness, great wit and I think we were very lucky to have him in the film," said Hood.

"What he's able to do with just the raise of any eyebrow or the slightest twist on a line is enrich a scene."

NEW MOVIE

Bridget Jones is having a baby

The first full trailer has been released for the third installment of Bridget Jones' Diary, one day after a short teaser for the film went viral.

Renee Zellweger is back for her title role in "Bridget Jones' Baby," which also sees Colin Firth stepping back into the shoes of Mark Darcy, as well as Patrick Dempsey as a second love interest for the zany singleton.

Loosely based on the Bridget Jones' Diary book series, authored by Helen Fielding, Bridget Jones' Baby follows Jones in her 40s, ending in a love triangle and debacle over who is the father of her future child.

British heavyweight actress Emma Thompson also makes a cameo as Bridget Jones' obstetrician.

Bridget Jones' Baby comes out on Sept. 16. AFP

Renee Zellweger is back as Bridget Jones. CONTRIBUTED

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Greek Wedding star calls out Hollywood

NIA VARDALOS

On battling sexism in Tinseltown and onscreen

It wasn't long after My Big Fat Greek Wedding exploded at the box office that Hollywood began pestering its star Nia Vardalos for a sequel.

The Winnipeg-bred breakout declined, turning instead to other comedic followups including Connie and Carla, I Hate Valentine's Day and My Life in Ruins.

But none had the impact of her surprising family-friendly smash, which centred on an unassuming Greek woman who falls in love with a non-Greek suitor, played by John Corbett.

Vardalos adds she was also focused on other matters, including efforts to become a mother that resulted in the adoption of a little girl.

Now older, wiser and inspired by her own new family adventures, Vardalos reprises her role as Toula Portokalos in My Big Fat Greek Wedding 2.

Vardalos chatted with The Canadian Press by phone from New York.

Tell me about some projects over the years that haven't been able to take root.

I definitely lost control and then gained it and lost it. It is a process and getting a film made is difficult, period. Hollywood is still the most archaic place. It is the one place where a review can talk about a woman's looks and you can not get a job simply because you're female. It's outdated and we have to push through.

Can you describe some of these scripts you've been asked to rework?

It will say about the female: "Late 20s. Beautiful but doesn't know it. Kittenish, sexy." (And then) it'll say: "Guy, 40s. A sense of being that far exceeds his years." You know, there's no reference to being handsome ... It'll never say: "Chiselled jaw line, pecs to die for." Can you imagine reading that in a screenplay? It wouldn't be written and people would laugh out loud. But it's certainly written about the women. And we just call them on it, we just laugh.

We've had symposiums at the Writers Guild with men and women there talking about how when ... we have to incite peril for a woman during sweeps' week the writers will pitch, 'OK, so let's get her raped.' And it's rough. It's really, really bad. We're creating a rape culture. And we're trying to pull back from it and that's what these meetings do where we have to call each other on what we're doing wrong. And try to get things out there.

It's really, really hard to get a family comedy made, especially a PG-13 one.... If this movie doesn't do well there will be another 15 years where we wait for another one. And that's a bummer.

THE CANADIAN PRESS

Nia Vardalos and John Corbett are reunited in My Big Fat Greek Wedding 2. HANDOUT

JOHANNA SCHNELLER WHAT I'M WATCHING

Brave in LGBTQ-phobic world

THE SHOW: Gaycation, Season 1, Episode 2 (VICE)
THE MOMENT: The admission

Ellen Page and Ian Daniel take on LGBTQ hatred around the globe in Gaycation. HANDOUT

Co-hosts Ellen Page and Ian Daniel are travelling the world, exploring how different cultures react to LGBTQ people. In Rio de Janeiro, they talk to an ex-cop, known only as El Grande, who hates gay people and has killed several.

"If I saw gay people I'd run them over," says El Grande, whose face and voice are disguised. "I think every pigsty must be cleaned out."

Page covers her mouth. "I want to say that I'm gay," she whispers to someone off-camera. "Do you think it's safe?"

She turns back to El Grande. "We're gay," she says. "Do you think it would be better for the world for us to be dead?"

After watching three episodes, I was briefly concerned that they weren't differentiated enough. People have different reasons for their homophobia — in Tokyo, it's about family pride; in Rio, it's about Catholicism — but the conversations have a similar arc. And as the hosts point out, a handful of people can't speak for a whole culture.

But then I realized the similarity was the point. Like good therapists, Page and Daniel are willing to say the same things, and hear the same things, over and over, in the hope that somewhere, something will click. Someone will see them differently, and a change will start to be made.

They certainly have the temperaments of therapists: Though often shaken (the statistics on violence against LGBTQ people are staggering), they remain calm. And brave. They keep the conversation going, hoping to be heard.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Suzuki on turning 80 and 'alarmism'

ENVIRONMENT

Broadcaster reflects on battles lost, won, repeated

David Suzuki in October 2012. Suzuki says he isn't really one for birthdays, but he'll make an exception for his 80th. DARRYL DYCK/THE CANADIAN PRESS

David Suzuki says he really isn't one for birthdays, but he's making an exception for his 80th.

The life of the noted scientist, activist and broadcaster will be celebrated with a special broadcast of CBC's The Nature of Things on Thursday.

Reached by phone in Vancouver, Suzuki traces his cavalier attitude about birthdays to his boyhood, when his family was among the thousands of Japanese Canadians forcibly moved to internment camps following attacks on Pearl Harbor.

"I realized that it all was in the roots of the Second World War when we were shipped out of Vancouver into camps and we had nothing with us," Suzuki says. "I kind of grew up without thinking a great deal about birthdays."

But the 80th is special, he concedes."It's really funny, 50 was no big deal, (same with) 60, 70. But 80, you've got to realize, 'My God, you really are old.' There's no getting away from it!"

Suzuki chatted with The Canadian Press about celebrating milestones, recognizing failures and maintaining hope for the future.

Happy birthday! What will you be doing Thursday?
We're all going to our cabin on an island where we don't have a TV set and we're going to go to our neighbours' to watch the show.

I get the sense that family is paramount for you. You can't help but wonder what the world will be like when your grandchildren are 80.
Well, yeah, I've just come back yesterday from two weeks in Australia and we snorkelled on the Great Barrier Reef, which I always do when I go to Australia, and it was devastating this time. I first dove on the reef in 1989 and what I see now is a shadow of what it once was. It's devastating. You talk about looking to the future, it's very, very depressing.

People often refer to you as alarmist.
You're damn right. I don't know why this is supposed to be a bad word but, yes, I am an alarmist. I am raising the alarm and saying — especially now as an elder — I remember what the world was like when I was a boy. And yes it's true, our lives are immeasurably easier to live … and we can be very, very impressed with those things but at the same time, my grandchildren can't go fishing where I did when I was a boy, and the Barrier Reef is a mess and much of the forest of British Columbia has been invaded and cut down.

> **You talk about looking to the future, it's very, very depressing. We've got to get off our ass, the world is in bad shape.**

You've said the environmental movement has failed.
A lot of the victories that we thought we celebrated, certainly I did — stopping dams and stopping drilling and stopping supertankers — well, 30, 35 years later, the same problems have returned. We stopped Site C, the dam on the Peace River 35 years ago, we stopped it. But now (B.C. Premier) Christy (Clark) is going ahead and building it … And we stopped supertankers that were going to come down the B.C. coast from Alaska but now we're proposing to let supertankers start right off on the B.C. coast with things like pipelines. So what the hell has happened?

It sounds like the target has to shift, then.
We have to look at the world in a different way. And this is the real crisis, I think is that we somehow feel that we no longer live as part of nature. Because 85 per cent of Canadians live in big cities. And in a big city you think, "Well, my most important thing is my job, I need a job to earn money to buy my food and live in a house and all that." And so the economy becomes our highest priority and we forget that if you don't breath air for three minutes you're dead.

Now we have a new prime minister.
We have a new prime minister but he's got 10 years of no action to catch up on, more than 10 years because the previous government talked but didn't do much.

What's been your biggest achievement?
My proudest achievement is my children who I feel are very decent Canadians and they've worked hard all their lives and they're all environmentalists. I'm very, very proud of my children.

In terms of recognition, I guess to me one of the most delightful and satisfying things was becoming a companion of the Order of Canada. I can't imagine a higher honour from Canadians than that.

THE CANADIAN PRESS

Finally... when Griffin met Sabine

THE PHAROS GATE

Nick Bantock's long-distance lovers come face to face at last

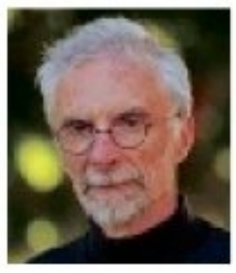
Sue Carter
For Metro Canada

Twenty-five years ago, before Nick Bantock's debut novel Griffin & Sabine became a multi-million bestseller and cultural phenomena, he was living on $12,000 a year working as an artist. Although he had illustrated covers for books, he never thought about writing them. But something about his "adult picture book" resonated with readers, and the next thing the British artist knew, he was catapulted into the international literary spotlight with appearances on breakfast shows and readings to packed rooms, an experience he now calls both exhilarating and bizarre.

Told through a trilogy of books, the story follows a London artist named Griffin, who creates lush, collaged images for postcards, and Sabine, who lives somewhere in the South Pacific illustrating stamps. The two never physically meet, but instead develop a metaphysical connection through their handwritten postcards and letters, which readers can physically pull out of their envelopes. Bantock, who now lives in Victoria, B.C., says the concept originally "came from seeing someone else in the post office getting good mail, and me getting the usual crap."

An illustration from The Pharos Gate: Griffin & Sabine's Lost Correspondence. HANDOUTS

At the end of the third novel in 1993, Bantockians, as his hardcore fans called themselves, despaired over the fate of the lovers. Would they ever set eyes on each other? More than two decades later, curiosity will now be satisfied with the release of The Pharos Gate: Griffin and Sabine's Lost Correspondence, as the two prepare to finally meet in person, despite looming dangers and distances. Although Bantock planted visual clues throughout all the books, the setting and era is intentionally ambiguous. Even if Bantock and his readers have aged, it's as if time stood still for Griffin and Sabine.



> **I found they articulate my journey as a human being better than anything else.**
> Griffin & Sabine author Nick Bantock

"That's part of the fun," he says. "You bury stuff in there so that those who want to dig can dig, but if you don't poke around, it doesn't matter. You can take it at face value or take the book as having a number of layers."

For Bantock, who is experiencing a "strange déjà vu" as he prepares to tour The Pharos Gate, the books represent more than just romance. He sees the two characters, and the marriage of text and image, as his personal hero's journey, representing "an internal dialogue between my logical and intuitive self. I found they articulate my journey as a human being better than anything else."

Of course the world has changed a lot in the 25 years since Griffin and Sabine first arrived, most obviously with social media and email replacing good old-fashioned letter writing. Bantock ultimately hopes the unique format and message behind The Pharos Gate will inspire a new generation of technology-obsessed readers to express themselves in more meaningful ways.

"I don't mean getting rid of the computer or playing luddite games," he says, "but if it can offer an alternative way of self-expression that encourages people to slow down at certain times of the day or the week, and articulate their ideas and feelings in a different way, then as far as I am concerned, the book will have succeeded."

Sue Carter is the editor at Quill & Quire magazine.

MUSIC

Rap pioneer and Tribe Called Quest member Phife Dawg dies

Phife Dawg. THE ASSOCIATED PRESS

Phife Dawg, a masterful lyricist whose witty wordplay was a linchpin of the groundbreaking hip-hop group A Tribe Called Quest, died Tuesday from complications resulting from diabetes, his family said in a statement Wednesday. He was 45.

Dawg, born Malik Isaac Taylor, was known as the Five Foot Assassin because he was 5 feet 3 inches tall but earned respect for his skilful, thoughtful rhymes.

Dawg was part of number of rap classics with Tribe, including Scenario, Bonita Applebum and Can I Kick It?

Dawg grew up in Queens, New York, with fellow Tribe member Q-Tip. In high school, the two members met Ali Shaheed Muhammad, who is from Brooklyn, to form Tribe. Jarobi White later joined the group. The group recently celebrated the 25th anniversary of its debut album.

THE ASSOCIATED PRESS

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Your essential daily news

Anne Hathaway downsizes to $2.55 million NYC penthouse

MEET THE CONDO

Van seaside living made Epic

Project overview

Epic at West is Executive Group Development's third and final phase of high-rise condo towers in False Creek Village. The new addition will have 120 boutique-style homes ranging from a junior one bedroom option to three bedrooms. Units are expected to sell out fast given its convenient seaside location.

Housing amenities

Epic at West residents can soak up the sun on the rooftop patio and have a barbecue. There's also the clubhouse with kitchen for anyone looking to host a little dinner party. Other perks include a fully equipped fitness centre, a dog spa and a lobby with concierge services.

In the neighbourhood

Public amenities are within walking distance all around, including at the condo's ground level. Shops at West features 43,000 square feet of upscale retail space. The Village is also home to Urban Fare groceries, London Drugs, craft breweries and coffee shops.

Location and transit

The proximity of Epic at West to public transportation is one of the development's most attractive features. It's within a four-block radius of the Canada Line, water taxis and the No. 84 UBC bus. Those who get around via the shoelace express have 22 kilometres of bike and pedestrian routes to choose from.

NEED TO KNOW

What: Epic at West
Builder: Executive Group Development
Architect: Walter Francl – Francl Architecture
Designer: Atmosphere Interiors – Caroline Boisvert
Location: 1788 Columbia St., Vancouver
Building: High-rise condo with mixed-use commercial on ground level
Sizes: From 469 square feet to 1,932 sq. ft.
Pricing: Available upon request
Model: Junior one bedroom, one bedroom and den, two bedrooms and three bedroom options
Status: Under construction, presales
Occupancy: Mid-2017
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DIY Easter decor as easy as decoupage

CRAFTING

These add springtime ambience to any room

Handcrafted egg decorations are a fun Easter tradition. Decoupaging eggs using paper napkin cut-outs is an easy way to dress them up without messy dyes. Skip the time consuming egg-blowing ritual and opt for faux eggs that you can use to decorate your table or add to gift baskets throughout the season.

Step 1: Gather and shop for the supplies:

- Decorative paper napkins with a white background
- Eggs (we used plastic ones from a dollar store)
- Paintbrush
- Decoupage glue (we used Modge Podge in matte)
- Scissors

Step 2: Cut out shapes from paper napkins:

Using scissors, loosely cut around the areas of the napkin you wish to use to decorate your eggs.

The edges will blend into the egg surface. Napkins are made up of multiple layers. Peel away the printed top layer so that you end up with one thin piece.

Thinner pieces of paper are easier to apply to the egg.

Step 3: Start decoupaging:

Using the paintbrush, apply the glue to the area of the egg you wish to decorate, and then carefully press the cut paper shape to the egg.

Smooth out the paper shape from the centre outwards using your fingertips. Let dry for a few minutes.

Step 4: Apply a second coat of glue.

Using the paintbrush, apply a second coat of glue over the decorated area. This helps seal the paper to the egg. The glue will be dry in about one hour, but plan on giving the more time to dry completely. TORSTAR NEWS SERVICE

To save time, you can skip the egg blowing and get plastic eggs. DEBRA NORTON/FOR TORSTAR NEWS SERVICE

RETAIL

Or, just buy it

We've rounded up a basket full of egg decorations:

1 Uniquely Asian
These eggs are decorated using traditional Japanese Washi paper, wrapped around a delicate hand-blown eggshell. $35.47 plus $13.64 shipping.

2 CMC Creations
Tiny paper blue birds adorn this delicate hand-blown egg from this Etsy shop that specializes in Japanese paper creations. $13.64 plus $15.82 shipping.

3 Wayfair Canada
Decorative eggs ready to hang or use as a table accent. 12 piece floral egg set. $21.99 plus $8.99 shipping.

4 Crate and Barrel
A cheerful, hand-painted wooden Easter egg with a modern Chevron pattern. $5.95 plus $26.65 shipping.

SMART MONEY RECOGNIZES A HOT SPOT

Set to become Metro Vancouver's next major urban centre, West Coquitlam's Evergreen Corridor is the city's newest hot spot. At its heart, is the master-planned community of Lougheed Heights. The first release sold in an unprecedented 6 weeks, and Tower 2 is coming soon. Don't miss out – register today to get on the list.

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Raising gardening game to the roof

GREENSPACE

Rooftop growing actually a very old practice

Looking out across an urban or even some suburban skylines, most people see an expanse of rooftops.

A few enterprising gardeners, however, see something different: wasted acreage just waiting to be planted.

Rooftops are an underutilized resource "in precisely the places where space is everything and fertile land is most scarce," says Annie Novak, author of a new book, The Rooftop Growing Guide (Ten Speed Press). "It makes you want to roll up your sleeves and get growing."

Novak is co-founder and head farmer of the Eagle Street Rooftop Farm, in Brooklyn. Her book is filled with images of rooftop gardens and farms in cities and suburbs across the country.

"Rooftop growing is nothing new," Novak says. "It's actually an ancient tradition that has been largely overlooked. Urban people in tight spaces have always made room for rooftop gardens."

She offers a 5,000-year timeline that includes Scottish sod-roof houses dating to around 3000 B.C.; Mesopotamian ziggurats featuring rooftop shrubs and trees; the Hanging Gardens of Babylon; European rooftop gardens of the 17th and 18th century; and recent green-roof projects in Chicago, Portland, New York and Montreal.

"It's important to reconnect with that long tradition and realize that you don't need to reinvent the wheel. You just need to try to improve upon it," Novak says. "There's a big community of expert rooftop gardeners out there, with lots of experience and wisdom to share."

Successful rooftop gardeners, she added, must be energetic and unafraid of standing out in a crowd.

"You have hard work ahead of you," she writes in the book's introduction. "You will find yourself climbing multiple flights of stairs, or riding up in an elevator in which you are the only person carrying a bag of potting mix, your flats of lettuce next to someone else's briefcase."

Annie Novak, author of The Rooftop Growing Guide, advises would-be rooftop gardeners to connect with the community in their city. NAIMA GREEN/TEN SPEED PRESS VIA THE ASSOCIATED PRESS

In addition to bringing fresh food and jobs to urban centres and helping the environment, some types of rooftop growing also help keep buildings cooler in summer and warmer in winter, proponents say. Green roof growing systems, in which the rooftop is protected by waterproofing membrane and layered with a relatively lightweight soil mix engineered for rooftop use, can add to a flat roof's longevity by reducing UV light exposure and helping with common problems like stormwater runoff.

Not all rooftops are created equal, though, and the first step is to check your building's specifications and how much weight the roof can handle, along with local laws. There must be safe access to the roof and some sort of wall around the top so that no one falls off.

"Rooftop growing requires permission, practicality and patience," Novak writes.

Consider building codes, zoning, climate and wind (a major challenge in this type of farming).

John Stoddard, whose Higher Ground Farm in Boston serves restaurants and farmers markets, says rooftop growing is unlike other kinds of gardening in many ways.

"We don't have rabbits to contend with, but we have seagulls here and we have wind, so we need to stake our tomatoes accordingly," he says.

On the upside, "Bees somehow find their way up here. We're on the ninth floor, but I've seen dragonflies and plenty of ladybugs."

There are three main systems used for rooftop gardening: container gardens (easiest for novices or gardeners on a budget), greenhouse gardens (more common in four-season climates where they can be productive even in winter), and green roof growing. THE ASSOCIATED PRESS

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RENNIE

PPG Paints' 2016 colour of the year, Paradise Found, is a complex, leafy hue. ANGUS MCRITCHIE/PPG VIA THE ASSOCIATED PRESS

Green's a go for spring

UPDATES

Fresh colour the natural choice this season

When we start thinking "spring," one colour comes to mind.

Tender pea shoots, that soft fuzziness on budding trees, a new lawn — there's a palette of greens that herald nature's shift to the warm seasons.

And there are many fresh ways to bring green indoors with paint and furnishings.

"Green is Mother Nature's favourite colour. It's so abundant in the world around us that we're accustomed to seeing it as a background colour," says Lee Eiseman, head of the Eiseman Center for Color Information and Training near Seattle.

She also points out the "good-for-you" connotations of green — eating fruits and vegetables, juicing and so on — and the generally calming nature of the hue.

Dee Schlotter, the spokesperson for PPG Brands, design and colour marketers and makers of PPG Paints, says, "Green is restorative, rejuvenating and fresh. Being in nature brings an ease or a relaxation that's almost immediate. Recreating that feeling in the home is very popular right now."

The company has chosen Paradise Found as their 2016 colour of the year. It's a soothing grey-green with a hint of blue.

Greens like this play well with others. Combining grey-green with matte black modernizes a traditional space. Paired with white, the colour becomes more mineral and organic.

Farrow & Ball has a new, leafy, verdant hue with historic provenance to help commemorate the paint maker's 70th anniversary.

"Yeabridge Green was originally found in an 18th century Georgian farmhouse in the (United Kingdom) county of Somerset," creative director Charlie Cosby recalls. During renovation, an original gun cupboard was removed, revealing the paint colour.

Rich and earthy, it's a green in the family of avocado, olive and evergreen.

Crate & Barrel's Marin collection of artisan-made stoneware comes in a relaxed yet sophisticated lemongrass shade. There's a soft wool rug named Baxter in the hue as well.

If you're trying green for the first time, Eiseman advises looking at the blue-greens. "They're the most universally pleasant and least risky," she says. "Particularly teals and deep turquoise."

West Elm has a little mid-century-style desk and wooden counter stools in a gentle blue-green they're calling "oregano."

CB2 has a sleek, low-profile dresser done in high-gloss mint lacquer. They also have a mint, powder-coated steel filing cabinet, and an array of minty trays, vases and napery.

Saturated shades like chartreuse, citron and lime give a "pop" to walls and home accessories. At All Modern, find bold, zigzag-printed throws and slipper chairs from Amity Home, Deny Designs and Handy Living.

Kitchenaid's mixers and tools come in a fresh apple green.

Looking for other colours with which to pair green?

"Reach across the colour wheel and choose the complementary colours," Eiseman says. "It's the rose tones, wines and warm purples that are very effective with shades of green."

THE ASSOCIATED PRESS

We're looking for that restful shade to bring the outside in, and provide balance in our lives.
Lee Eiseman, Eiseman Center for Color Information and Training

Green is a trending colour this spring as people respond to wellness trends and the need for calmness in a hectic world.

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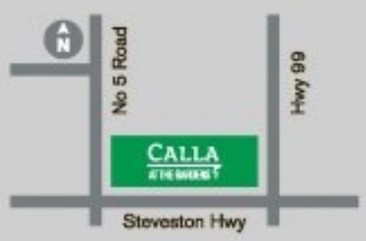

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metro SPORTS

New York Yankees DH Alex Rodriguez says he will retire after the 2017 season, when he will be 42

Quiet Larin makes major racket

Cyle Larin's emergence gives Canada something they've long lacked — a focal point up front.
MARVIN RECINOS/AFP/GETTY IMAGES

FIFA WORLD CUP QUALIFIERS

Phenom ready to raise decibels all over again as Mexicans await

Cyle Larin is as soft spoken as they come off the field. On the pitch, it's a completely different story.

Following a record-breaking rookie season in MLS that saw him score 17 times for Orlando City SC, the big striker from Brampton, Ont., put any thought of a sophomore slump to bed early by bagging three goals in as many outings for his club to start 2016.

That razor-sharp form is good news for Canada as the men's national team prepares to host powerhouse Mexico on Friday at BC Place in a crucial World Cup qualifier.

"We have the right players to go into this game and win," Larin said with quiet confidence. "Everyone believes we can do something special."

While the overall talent level has risen across the Canadian setup with the likes of winger Junior Hoilett committing to the program, Larin's emergence as a target man with a nose for the net has been vital for a country that's struggled to score for a generation.

"He gives us something different — a reliable presence," said veteran midfielder Will Johnson. "We've rotated guys in and out of that position and now we have a player that you know exactly what you're going to get from, which is a high-quality centre forward."

Larin — who turns 21 next month — has four goals in his nine international starts, including the critical winner in November's 1-0 victory over Honduras that got Canada off on the right foot in the penultimate round of qualifying.

"He's a big, strong, athletic boy," said defender David Edgar. "If he keeps banging in the goals, that's great for us. He's an exciting young talent."

Larin credits part of his development to a teammate in Orlando, Brazilian icon Kaka. "He teaches me a lot on and off the field," said Larin. "The things I've done this year, I learned from him — just getting my head up more, thinking quicker."

Larin's thick six-foot-two, 190-pound frame gives him the ability to shield off defenders, while his agility means he's often first to a loose ball.

Canada is a heavy underdog heading into Friday's game against No. 22 Mexico in front of what's expected to be a sold-out crowd of more than 54,000. But the visitors are keenly aware of the biggest threat they face.

"It's not a coincidence that Mr. Larin is having a great season," said Mexican head coach Juan Carlos Osorio.

"It will be a challenge for our defence to try to contain him."

A result at home this week would be a massive step for Larin and his teammates.

"We believe in each other. That's the most important thing," said Larin, who isn't feeling the pressure.

"It's just motivation to keep going. Once I get my rhythm scoring with the national team, I don't think it will stop." THE CANADIAN PRESS

> **He's got a good eye for the goal. We all believe in him.**
> Canada midfielder Atiba Hutchinson on Cyle Larin

Course stars make Sophie their choice

GOLF

Major invite stuns Surrey teen Liu ... now is time to shine

Cam Tucker
Metro | Vancouver

After only four years of playing golf, Sophie Liu recently experienced a surreal moment in her young career.

The 17-year-old Liu, who got her start on the links at Morgan Creek Golf Course in Surrey, was invited to compete alongside her fellow junior golfers for a spot in the LPGA's ANA Inspiration, the first major tournament of the year, which takes place March 31 to April 3.

However, this wasn't your typical invite.

Liu was sent a personalized video message from reigning ANA Inspiration champion Brittany Lincicome and Canada's 18-year-old rising golf sensation Brooke Henderson, welcoming her as one of 10 North American players from outside California to be given the chance to qualify for the tournament.

"It's kind of overwhelming, too," Liu told Metro in a phone interview. "Because you're like, 'Oh my gosh, they know who I am.' You ... see them on TV every day and they mean so much to you and having them know who you are — it's just the best feeling."

Surrey golfer Sophie Liu was invited to play in the ANA Junior Inspiration, with a chance to qualify for the ANA Inspiration, the first LPGA Tour major of the year. COURTESY FLORIDA TODAY

Last November, Liu signed a letter of intent to attend the University of Iowa, where she'll play for the women's golf team.

Her rise through the junior and eventually college ranks is impressive given she said she only picked up a golf club in earnest at the age 13.

After practising in the warmth and sun of Melbourne, Fla., Liu will travel west to play in the ANA Junior Inspiration at the Mission Hills Country Club in Rancho Mirage, Calif., on Monday. The winner of that tournament will play in the major event at the same course, beginning next Thursday.

This is the first year the special invitation to play in the junior event has been extended to 10 golfers outside California.

"I'm doing a lot of practicing and a lot of playing to get ready for this because this is such an amazing opportunity. You can't waste it," said Liu.

> **"I'm doing a lot to get ready for this because it's such an amazing opportunity. You can't waste it.**
> Sophie Liu

WORLD MATCH PLAY

Back troubles dog defiant Day in Texas

Jason Day was 3 up with four holes to play, an ideal start to the Dell Match Play that included five birdies and hardly any stress.

And then he felt his back tighten on a tee shot at the 15th hole.

It stung so badly on his next tee shot that Day grabbed his back and winced. He stepped gingerly into a bunker. When his short par was conceded, he took a knee. Exactly what happened was not entirely clear because Day immediately sought treatment and left without speaking. But with a long week ahead of him at Austin Country Club, and the Masters just two weeks away, this victory surely felt hollow.

Without much drama on the golf course because of tough greens and Texas wind, Day supplied it with the latest in a long list of injuries.

Jordan Spieth, a crowd favourite who helped Texas to a national title in 2012, produced what the crowd came to see.

The No. 1 player built an early lead, made a few pivotal putts to stay in control and beat Jamie Donaldson of Wales, 3 and 2. Rory McIlroy escaped with a victory. He never led until winning on the 18th hole when he pipped Thorbjorn Olesen. THE ASSOCIATED PRESS

IN BRIEF

Raps slip up at Celtics but still clinch playoff berth

The Toronto Raptors have secured a spot in the NBA playoffs with a little help from the New York Knicks. The Raptors clinched a berth in the post-season on Wednesday night after the Chicago Bulls dropped a 115-107 decision to New York.

Toronto, which fell 91-79 to Boston Wednesday, is on pace to claim its third straight Atlantic Division title with a 48-22 record. The Raptors are just one victory away from tying the franchise's single-season record for wins, which was set last year.

THE CANADIAN PRESS

Carey bounces back from loss to see off Finland

Canada's Chelsea Carey took advantage of a series of mistakes by Finland's Oona Kauste for a 7-1 win in seven ends on Wednesday in Draw 14 of the women's curling world championship in Swift Current, Sask.

It was an impressive rebound from Carey (7-2) after a frustrating 8-7 loss to South Korea's Ji Sun Kim in the afternoon draw.

Looking for a simple takeout in the 10th, Carey threw through the house with South Korea sitting two, sealing Canada's early loss.

THE CANADIAN PRESS

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RECIPE Veggie Cream Cheese Sandwiches

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Sure you could pack this for tomorrow's lunch but since it's a complete meal (and so easy) why not make it for tonight's easy dinner?

Ready in
Time: 5 mins

Ingredients
- 1 carrot, grated or slice
- 1/2 English cucumber, grated
- 1/2 avocado, sliced
- 1 teaspoon lemon juice
- 1/4 to 1/2 cup light cream cheese
- 4 slices of whole grain bread

Directions

1. Begin by grating your carrot and grating or slicing cucumber into bowls. Now halve your avocado. Gently slice it in the shell and turn the slices out onto a plate. Sprinkle the slices with lemon juice to keep them from browning

2. Now it's time to assemble. Place four slices of bread down on a clean cutting board. Load two with cream cheese to your desired thickness

3. Sprinkle your desired amount of carrot and cucumber over the cheese and gently press it into the bread using the back of a wooden spoon or your hand.

4. Arrange a few slices of avocado on the remaining two pieces of bread. Pair up your avocado halves with the cheese halves and serve.

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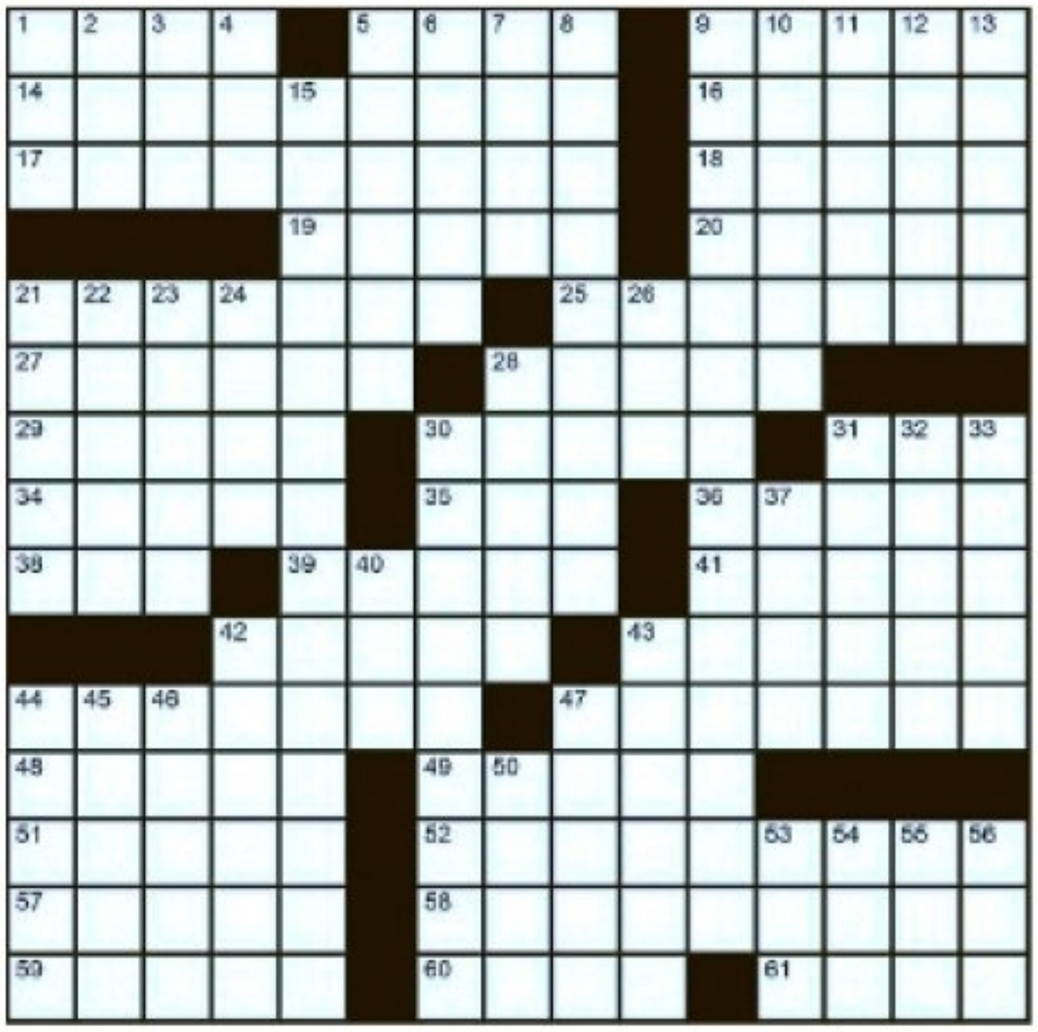
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Guzzle the Guinness
5. Light rain
9. Perilous precipitation
14. Basket or box
16. Writer, Oscar __ (b.1854 - d.1900)
17. Nova Scotia's provincial tree: 2 wds.
18. Mirror's mirroring
19. Rigatoni or macaroni
20. George Harrison played it on "Norwegian Wood"
21. Lodging, in Lyon
25. "Automatic": 1984 hit for The Pointer __
27. Person sitting for the sketching artist, say
28. Easter story betrayer
29. Like porridge bits
30. Hurting more
31. Purpose
34. Sanctified, olde-style
35. "Faster!"
36. Thanks, in Rimouski
38. Tee's alphabetical predecessor
39. Golf club types
41. Talks and talks [var. sp.]
42. Hightails it
43. Concurs
44. The Easter Bunny's savings: 2 wds.
47. Metal castings factory
48. Optical layers
49. "That '70s Show" star Ms. Prepon
51. Mr. Carradine of Madonna's music video "Material Girl"
52. Commonwealth country
57. Tedium
58. Dedicated/dependable
59. Super slope-y
60. Landscaping rolls
61.. Variety

DOWN
1. "Born on the Bayou" band, briefly
2. Uprooter of small weeds
3. And, in Munich
4. Initials-sharers of Sulu's portrayer on "Star Trek"
5. Oasis, to someone lost in the desert
6. Operating: 2 wds.
7. Splinter group
8. Chests contents at sea
9. The Pope's protection: 3 wds.
10. Restricts
11. Raise the spirits with joy
12. For Better or For Worse dog
13. Readying-for-play golfers
15. Set-in-Quebec movie of 1974, "The __ of Duddy Kravitz"
21. .pdf files program, __ Acrobat
22. Russian mountain chain
23. Kathy of "Misery" (1990)
24. Rearing ruminants
26. 'Fluor' suffix
28. Connects
30. Whisky holder in the bar: 2 wds.
31. Bowed, like a rainbow
32. One who finds things yucky, perhaps
33. Ms. Gold of "Benson"
37. Net dollars
40. Dusting cloth
42. Museum's marble man
43. Major blood arteries
44. Informally uses the microwave
45. Incident
46. Sight from the Eiffel Tower
47. Melded
50. Delivery to the dealership
53. Situated at the ship's stern
54. Do some of a mason's work
55. To-the-Internet connection, for short
56. Finished the food

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You have strong ideas about politics, religion and racial issues today, and you want to express them. This could cause a problem with a friend or partner.

Taurus April 21 - May 21
Behind-the-scenes research reveals how you can get funds or assistance. Nevertheless, be prepared for interruptions to your work day. Computer crashes, canceled meetings and staff shortages are examples.

Gemini May 22 - June 21
You can convince anyone of anything today because your mind is alert and energetic! Parents should be vigilant about potential accidents for their kids.

Cancer June 22 - July 23
This is a great day to talk to bosses and authority figures because they will be impressed with you. Nevertheless, this could upset someone at home or in your family.

Leo July 24 - Aug. 23
This is an accident-prone day. Your daily routine will be interrupted — you can count on this. Allow extra time so that you have wiggle room to deal with things.

Virgo Aug. 24 - Sept. 23
Keep an eye on your money today, because you might find money or you might lose money. Guard your possessions against loss or theft. Be leery of someone who sweet talks a deal.

Libra Sept. 24 - Oct. 23
A close friend or partner might surprise you today. One thing is certain: Conversations will be dynamic and productive! Expect fast action.

Scorpio Oct. 24 - Nov. 22
You will impress work colleagues today, because your mind is in overdrive and you see everything clearly. (This also will help you to cope with unexpected interruptions on the job.)

Sagittarius Nov. 23 - Dec. 21
Be vigilant, as this is an accident-prone day for your kids. However, this also is a creative day for those who work in the arts and an active day for those in sports.

Capricorn Dec. 22 - Jan. 20
Family discussions will be dynamic today. You will want to give your two cents' worth. Stay light on your feet, because it's a fast-changing day!

Aquarius Jan. 21 - Feb. 19
Your daily routine will change today because of cancelled meetings, minor accidents and surprises. Pay attention to everything you say and do. Fortunately, you're on top of things!

Pisces
Feb. 20 - March 20
This is a strong day for business and commerce. You will persuade others to agree with you. However, something unexpected will catch you off-guard, so be prepared.

CONCEPTIS SUDOKU by Dave Green

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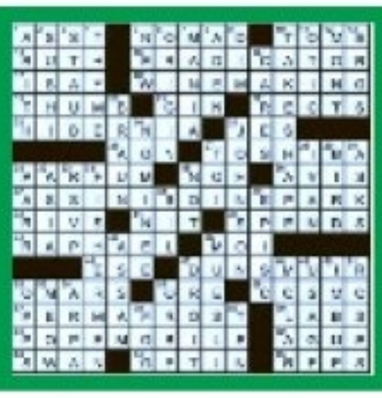

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Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
Fremont Village
2020 Oxford Connector

Richmond
Lansdowne Centre
Richmond Centre
4380 No. 3 Rd.
11686 Steveston Hwy.

Surrey
Central City Shopping Centre
Cloverdale Crossing
Guildford Town Centre
Semiahmoo Shopping Centre
3189 King George Blvd.
7380 King George Blvd.
13734 104th Ave.

Vancouver
Oakridge Centre
Pacific Centre
220 East 1st Ave.
510 Georgia St. W
1095 West Pender St.
1143 Robson St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
3121 West Broadway

West Vancouver
Park Royal South

For more details, visit your TELUS store, authorized dealer or retailer, or call 1-866-264-2966.

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*Offer ends March 31, 2016. Available to customers who activate or renew a smartphone on a 2 year Your Choice plan (TELUS Share Plan in Manitoba) or a TELUS SharePlus Plan starting at $95/month before taxes (starting at $55/month in Manitoba and $75/month in Saskatchewan and $85/month Quebec) or starting at $55/month before taxes when adding a line that uses data from an existing subscriber (if that subscriber cancels service, data must be added, from $25/month). Taxes and pay-per-use charges (including long distance, roaming and additional airtime or data) are extra. SIM not included. Consumer accounts only. Offer not stackable with other code-based offers. TELUS, the TELUS logo, the future is friendly, telus.com and Your Choice are trademarks of TELUS Corporation, used under licence. All other trademarks are the property of their respective owners. © 2016 TELUS.